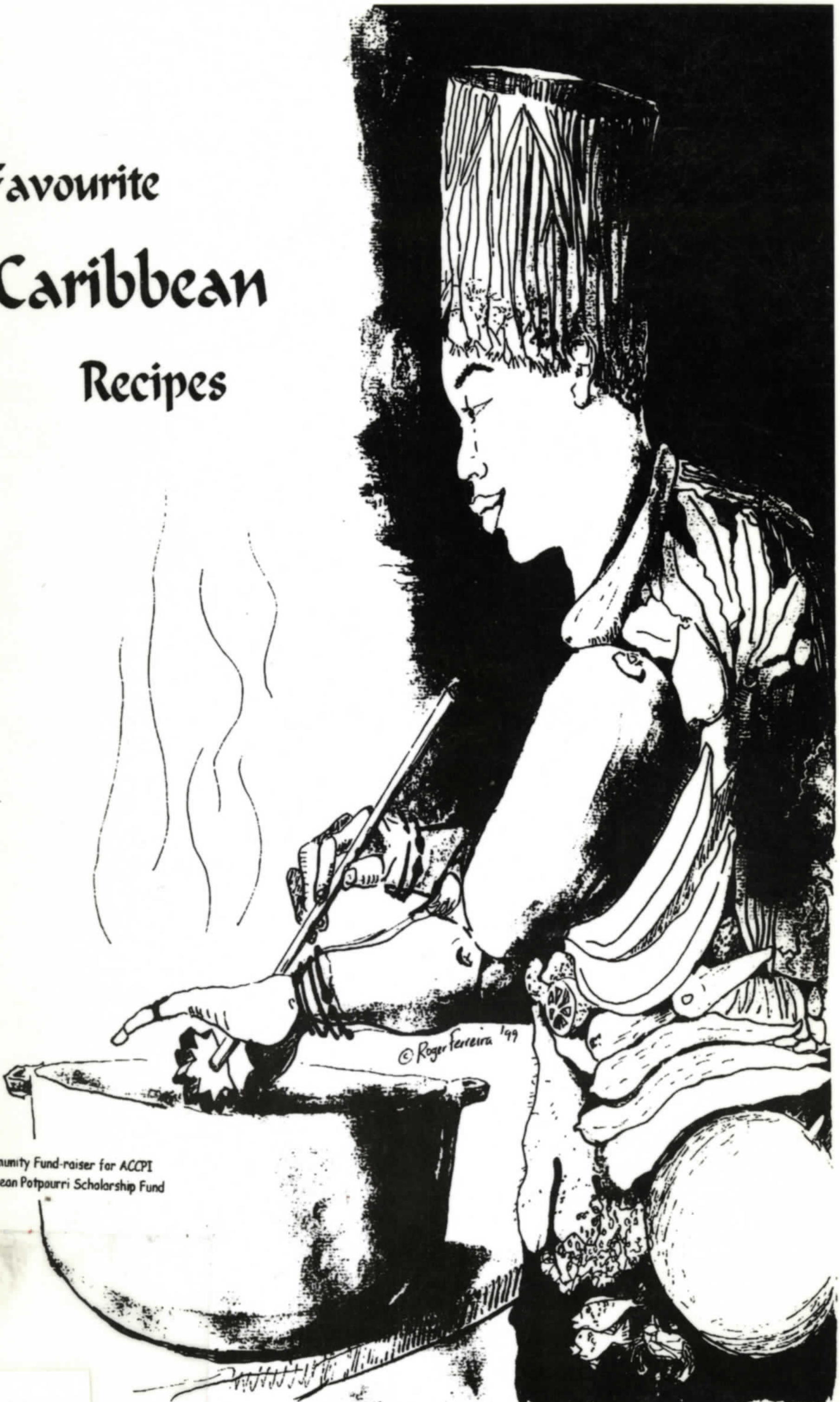
Favourite Caribbean Recipes



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A Community Fund-raiser for ACCPI
Caribbean Potpourri Scholarship Fund

FO 002

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by

Eleanor Wiltshire Rodney
President

ACCPI (African Caribbean Cultural
Pot pourri Inc.)

Aug. 1999.

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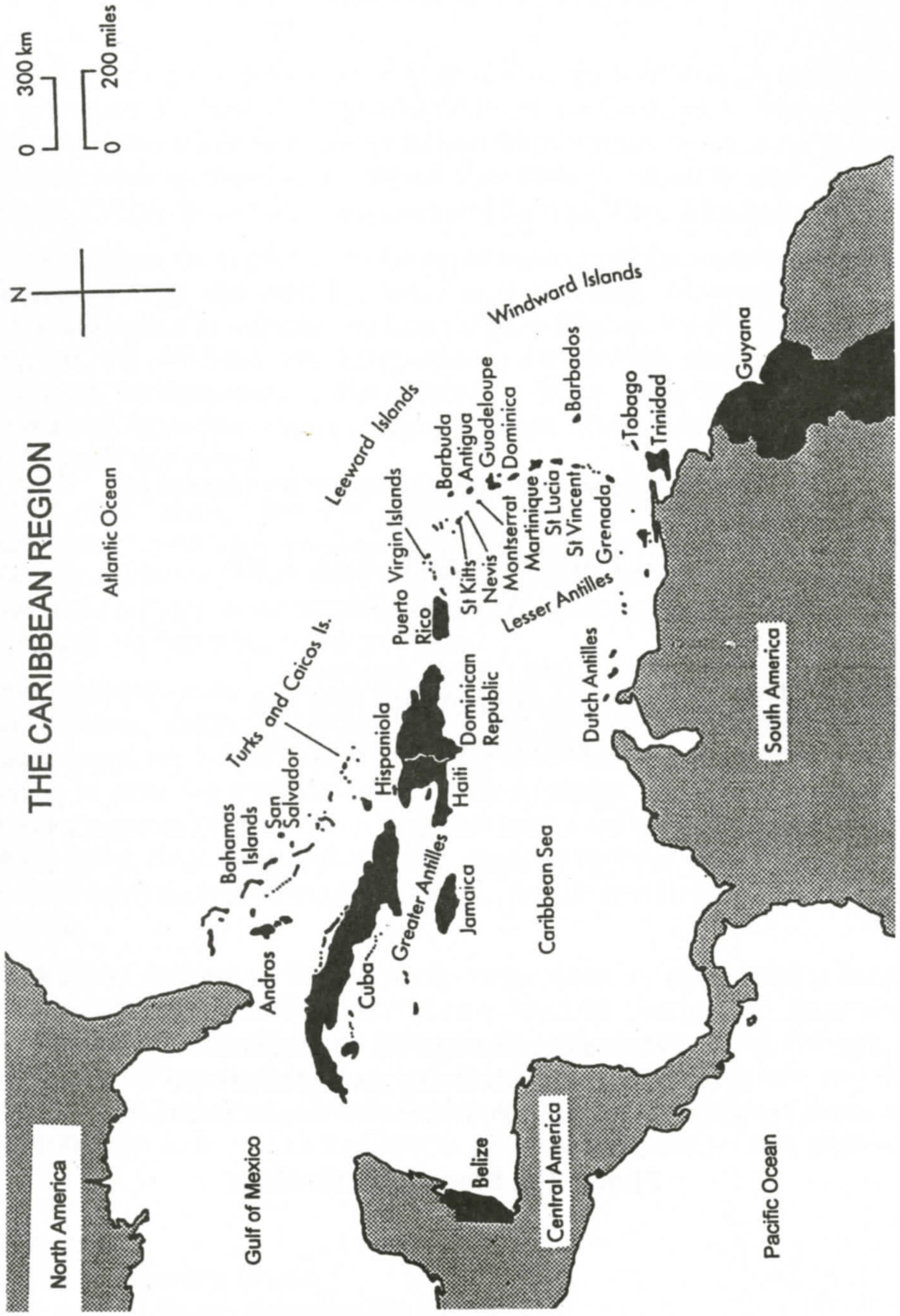
THE CARIBBEAN REGION
0 300 km
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N
Atlantic Ocean
Windward Islands
Leeward Islands
Guyana
Barbados
Tobago
Trinidad
Barbuda
Antigua
Guadeloupe
Dominica
Martinique
St Lucia
St Vincent
Grenada
Virgin Islands
Puerto Rico
St Kitts
Nevis
Montserrat
Lesser Antilles
Turks and Caicos Is.
Hispaniola
Dominican Republic
Haiti
Dutch Antilles
South America
Bahamas Islands
San Salvador
Greater Antilles
Jamaica
Caribbean Sea
Andros
Cuba
North America
Gulf of Mexico
Belize
Central America
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OUR SPECIAL CARIBBEAN POTPOURRI COOKBOOK

This cookbook is a collection of recipes that are tried and true and seek to represent the many ethnic influences in the Caribbean. Some of the recipes in this book have never before been written down, having been passed from generation to generation through practice and word of mouth. Others have been personalized from published sources.

The Caribbean's cuisine is made up of customs from around the world. Beginning with the native Caribs and Arawaks (Amerindians), the influences grew to include: the Spanish, the French, the Portuguese, the English, the Africans, the East Indians, the Jewish, and the Chinese. Many of the cooking customs these cultures have imparted to the Caribbean have remained unchanged, while others have been modified throughout the years.

Up to, and beyond the 15th Century, the Caribbean's cooking was dominated by its sole inhabitants, the Amerindians. We have to thank them for discovering some of today's favourites made from root crops like cassava and yam, coconut, river fish, and shell fish (oyster, shrimp, crab) including the famous pepper pot dish.

The European colonizers arrived next. They introduced domestic animals like chicken, cattle and pigs, their ingredients and cooking styles to supplement the indigenous foods. They also forcibly brought the African slaves to work the plantations. The African slaves were able to take the starchy vegetables and the cheap meat they were given to create dishes which have since been refined into gourmet dishes. Years later, there was the introduction of the East Indian, Jewish and Chinese food to the mixture.

Most of the recipes on the following pages seek to represent the exotic flavours of the following Caribbean islands: Barbados, Bermuda, Dominica, Grenada, Guyana, Jamaica, St. Kitts, Trinidad and Tobago. A whole section of recipes (see the Extra Special Section) are low-fat, health-conscious meals. Although specific measurements are given, an adventurous cook should feel free to alter the amounts as they please.

Written by:
Kimberley Aurora Bruno
1998 ACCPI Youth Scholarship Recipient

ROBERT M. MORROW
MAYOR

Mayor's Office
Hamilton

GREETINGS

It gives me great pleasure, on behalf of the City of Hamilton, to extend greetings and congratulations to African Caribbean Potpourri Inc. on the occasion of the publication of your fantastic new cookbook.

I wish to commend all involved in putting this cookbook together. Your hard work and dedication have paid off as the book is excellent and I am sure will raise a great amount of money to benefit the A.C.C.P.I. Youth Scholarship Fund. This important award acknowledges attainment of an average of 80% or higher by OAC students.

Best wishes to everyone who contributed to the cookbook and to all who use it!

Yours very truly

Robert M. Morrow
Mayor
City of Hamilton

HAMILTON

City Hall
71 Main Street West, Hamilton, Ontario, Canada L8P 4Y5
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We acknowledge with gratitude the initiative of Mrs. Eleanor Rodney who developed this recipe book, the proceeds of which will go toward the African Caribbean Cultural Potpourri Inc. (ACCPI) Scholarship Fund. The annual scholarship awards were initiated in 1996, when six scholarships were awarded to high school graduates recently admitted to post-secondary education. Eleven scholarships were awarded in 1997; and nine scholarships and three bursaries were awarded in 1998. The fund-raising goal for the 1999 awards is $15,000.

ACCPI was created in 1986 and incorporated in 1992. The core activity of the organization is to provide cultural heritage classes and leadership training for children and youth of African and Caribbean heritage in order to help them function effectively in Canadian society. The ACCPI has been offering weekly Saturday morning heritage classes staffed by community volunteers since 1991. The ACCPI has also undertaken a number of other community initiatives. It has staged an annual Caribbean Potpourri variety show featuring both emerging local youth talent and professional performers. Funds raised from the variety show have gone to support local charitable causes such as “Neighbour to Neighbour” (which serves mainly women in need) and for scholarships. Between 1992 and 1995 the ACCPI served as an implementing agency for the Jobs Ontario program.

We also wish to thank the many members of the African and Caribbean community who contributed recipes to the book. We trust that these recipes will give you a mouth-watering taste of an aspect of our cultural heritage which bears the stamp of many continents. Finally, to celebrate our place in the Canadian mosaic, we have planned the initial launch of this cookbook for Canada Day, July 1st, 1999.

Dr. Gary Warner
Chair, ACCPI Scholarship Committee

ACKNOWLEDGMENTS

It is virtually impossible to name all the individuals who contributed to the success of this recipe book, which is being released in time to mark the last Canada Day of this century, and also herald in the new Millennium, 2000.

Let me, therefore, commence by thanking every single one of you who contributed by: submitting recipes, sharing your collection of (materials) books, or by giving your much appreciated support as we worked feverishly to meet our self-imposed and stringent deadline.

However, special mention must be made of the following:

- My beloved sisters and brothers, relatives, and friends from different parts of the diaspora, who at great inconvenience, e-mailed, faxed, mailed or phoned in recipes in order to meet our advanced deadline.
- My dear nieces: Kimberly Bruno for typing recipes and researching material for our introduction; Dr. Joanne Brice who, in spite of her taxing schedule and family commitments, volunteered to contribute her special recipes, on hearing that I was putting this book together.
- Amah Harris and Dirk McLean of Theatre in the Rough for accepting faxed recipes in the midst of preparation for their South African Tour.
- Award-winning, artist Roger Ferriera and his gifted 10 year-old son Kareem, for their creative cover designs.
- Friends: Sue Chuck for preparing of manuscripts for mailing, and Doreen Shaughnessy for long hours spent editing.
- Rev. Horton for his opening prayer, and Stewart Memorial Heritage Church for providing space for Committee meetings; also elders Vivianne Lewis and Ona Allen for their recipes.
- Members of the following Hamilton Communities for providing their Heritage dishes and/or other favourites: Barbados, Bermuda, Dominica, Ghana, Grenada, Guyana, Jamaica, St. Kitts, St. Lucia, Trinidad and Tobago, Uganda.
- A.C.C.A Restructuring Committee for supporting this benefit project for our Youth, and the Hamilton Folk Arts Council for providing the space to launch it on Canada Day, July 1st, 1999.
- Special thanks to all Elders and the contributing youths of the Next Generation including Beryl Harris of Dominica, the oldest, who will be celebrating her 90th birthday this year, and to the youngest member of the Next Generation, my 7 year-old grandson, Daynon.
- Dr. Gary Warner, Chair of the Scholarship Committee for his ongoing support and leadership, Committee members and/or their spouses who provided recipes. Special mention must be made of Gillian Roberts, community chef and caterer, par excellence, who in addition, contributed to our Helpful Hints section, and Heather Brown who spent many, many, long hours editing.

Lastly, do accept our publication of your name with your recipe as our way of saying a heart-felt "Thank you". We are encouraged by your overwhelming support. God bless you all.

Eleanor Wiltshire-Rodney
President, A.C.C.P.I/Caribbean Potpourri

DEDICATION

To: Our Mothers, Grandmothers, Godmothers, Aunts, Fathers, Grandfathers, Godfathers, Uncles and all the other members of the “Village” who raised us and fed us from Childhood to Adulthood...long before gas and electric stoves, long before fridges to preserve food...long before...microwaves...long before...long before...

As we celebrate the International Year of the Older Persons, we salute Ona Allen (74), Vivianne Lewis (86), Beryl Harris (89), Cynthia Taylor (74), Julie Haughton (80), Neoline Leandre (84), Thelma Shervington (79) who contributed recipes to assist this project to benefit our youths, and all our other elders, here and in all parts of the diaspora, who continue to give of themselves to build strong villages and communities, i.e. strong "Villages" and communities everywhere.

We thank you, we honour you, we love you, we celebrate you.
We thank God for you.

To: Our Next Generation may they strive to follow the fine example set by the elders, in order to uplift themselves, the Community, and those who come after them.

To: Hamilton, Ontario, Canada, as we approach the new millennium. May we all strive to make our fine country one in which people of all creeds, races, ages, genders, and socioeconomic backgrounds have an equal opportunity to succeed, to be accepted and to be appreciated by our society.

PRAYER OR GRACE OF THANKSGIVING BEFORE A BANQUET

THANK YOU LORD

Thank You Lord, on this day. For Your many good blessings.
Thank You Lord, on this day, For our many close friendships
Glory to God may You hear our prayer, Guide us on for ever,
Thank You Lord on this day, For our blessings and friendships.

Lord who died, Lord who rose, Grant that your way be our way.
Spirit of God, wind that blows, Walk with us on the highway
Glory to God may You hear our prayer, Grant Your way be our way.
Spirit of God, wind that blows, Walk with us on the highway.

Lord we say as we go, Into all of life's promise
That each day we will know, You are calling us onward.
Glory to God may you hear our prayer, Lead us on for ever
So each day we will know, You are calling us onward.

Submitted by Rev. George Horton
Stewart Memorial Church

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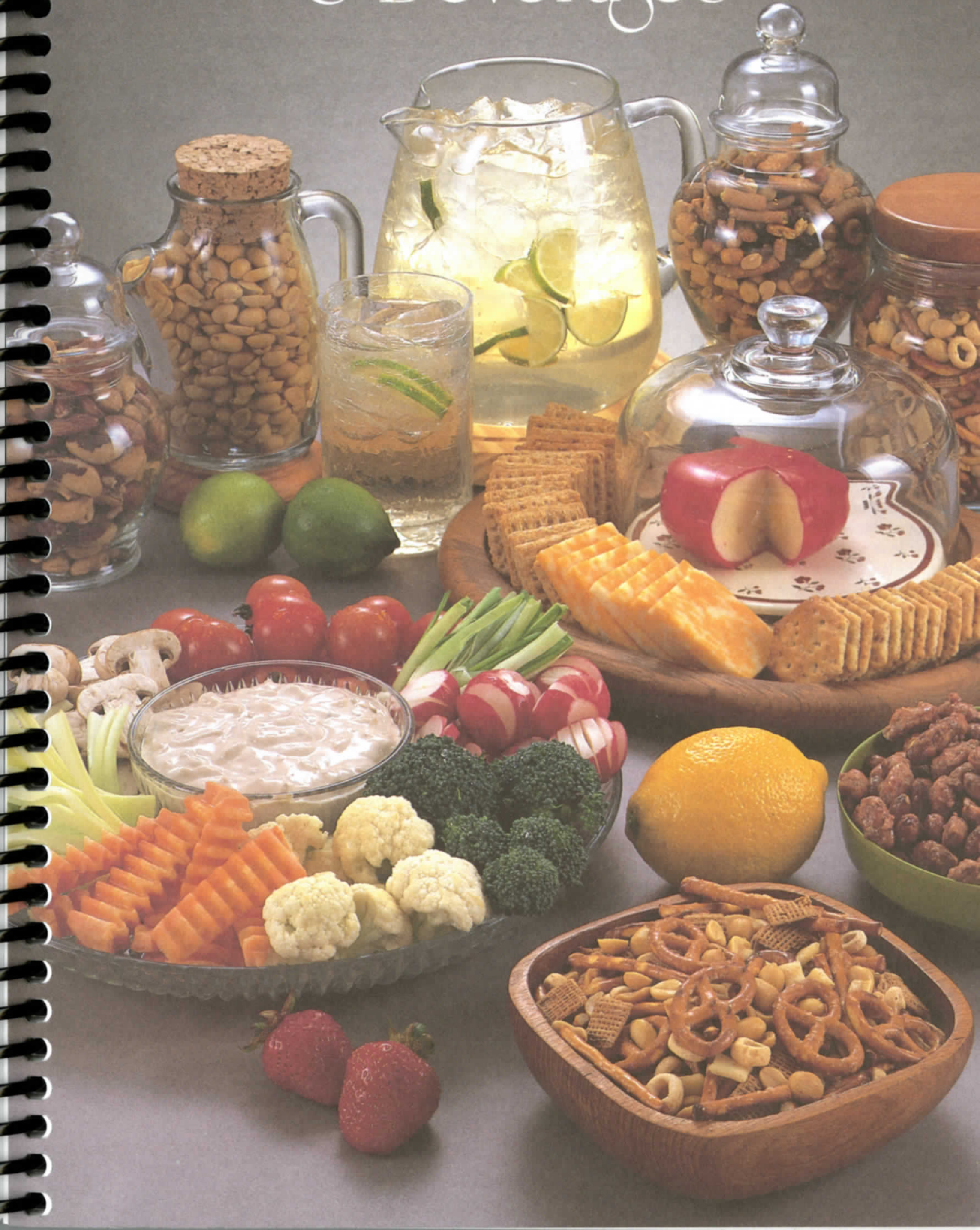
Appetizers & Beverages



COOKING TERMS

Bake — To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

Baste — To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

Beat — To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or a rotary motion using an egg beater or electric mixer.

Blanch — To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

Blend — To combine two or more ingredients thoroughly.

Boil — To heat a liquid until bubbles continuously break on the surface.

Braise — To cook slowly in a small amount of liquid in a covered pan.

Bread — To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

Broil — To cook by direct heat, under a broiler or over hot coals.

Caramelize — To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

Chop — To cut food into small pieces with a knife.

Clarify — To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

Coat — To cover food evenly with flour, crumbs or batter.

Coddle — To cook food slowly in water just below the boiling point.

Compote — Fruit stewed or cooked in syrup, usually served as a dessert.

Cool — To let food stand at room temperature until it is no longer warm to the touch.

Cream — To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

Cube — To cut a solid food into cubes of about ½ inch or more.

Cut in — To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two knives or a pastry blender.

Dice — To make small cubes of ⅛ to ¼ inch.

Dredge — To cover or coat food with flour or a similar fine, dry substance.

Dust — To sprinkle lightly with flour or sugar.

Fillet — A piece of meat, poultry or fish without bones.

Flake — To break food into small pieces, usually with a fork.

Flute — To make decorative indentations around edge of pastries, fruits or vegetables.

Fold — To combine two ingredients. Using a spoon or rubber spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

Fry — To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

Glaze — To coat with a smooth mixture to give food a glossy appearance.

Grate — To rub food against a grater to form small particles.

Grill — To cook on a rack over hot coals or other direct heat.

Grind — To reduce to particles in a grinder, blender or food processor.

Julienne — To cut meat, vegetables or fruit into long matchlike strips.

Knead — To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate ¼ turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

Marinate — To let food stand in a seasoned sauce called a **marinade** to tenderize and increase flavor.

Mince — To cut or chop into very small pieces, but smaller than diced.

Mix — To combine ingredients until evenly distributed.

Panbroil — To cook uncovered on a hot surface removing fat as it accumulates.

Parboil — To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

Pare — To remove outer covering of fruit or vegetable with a knife.

Peel — To strip off or pull away outer covering of fruit or vegetable.

Poach — To cook slowly in simmering liquid such as water or milk.

Purée — To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

Reduce — To rapidly boil down the volume of a liquid to concentrate flavor.

Roast — To cook meat in an uncovered pan by dry heat in an oven.

Sauté — To brown or cook in a small amount of fat (see **fry**).

Scald — To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **blanch**).

Score — To make shallow slits into the surface of a food in a diamond or rectangular pattern.

Sear — To brown and seal surface of meat quickly with intense heat.

Shred — To cut into long, thin strips with a knife or shredder.

Simmer — To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

Sliver — To cut into long thin pieces with a knife; e.g. almonds, or pimiento.

Steam — To cook in a covered container above boiling water.

Steep — To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

Stew — To simmer slowly in liquid deep enough to cover.

Stir — To mix ingredients in a circular motion until blended with uniform consistency.

Stir fry — To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

Toast — To brown with dry heat in an oven or toaster.

Whip — To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and increase volume.

APPETIZERS & BEVERAGES

DOUBLES

Gillian Roberts

2 cups flour
1 cup flour
1 tsp rapid rise yeast
1/2 tsp salt
1/4 tsp garlic powder
1/2 split peas flour
1 Tbsp sugar
1/4 tsp turmeric
1/4 tsp ground cumin
1 cup warm water
2 cups vegetable oil

Combine dry ingredients in mixing bowl. Make well in flour. Add warm water, mix and knead with wooden spoon. Cover and leave in warm place to rise until doubled in bulk. Roll out into 24 balls, set aside and allow to rise again for 10 minutes. Oil hands and flatten balls to 1 inch (3 to 4 cm) thick. Fry in fat on medium heat about 30 to 40 seconds, turning once. Drain on absorbent paper.

ELLEN'S SAMOSAS

6 oz flour
Pinch of salt
4 Tbsp canola or olive oil
4 fl oz yogurt
1 1/2 tsp fresh ginger
1 Tbsp coriander seeds
1 tsp chili powder
3/4 lb mashed cooked potato
1 1/2 tsp garam masala
1 1/2 Tbsp sieved mango
1 to 2 Tbsp milk
Canola oil, for frying

Sift flour and salt into bowl. Add 3 Tbsp oil and yogurt. Knead into soft dough. Shape into small round balls and leave to stand for 25 to 30 minutes. Chop ginger and onion, crush coriander seeds, blend and simmer for 2 to 3 minutes. Add potato, garam masala and mango pulp. Simmer until moisture has evaporated. Remove from heat and allow to cool. Roll out dough thinly and fill with potato mixture. Seal with milk and deep fry until golden brown.

People trying to get even never get ahead.

HUMMUS

Joy Warner

1 tin chickpeas, drained (reserve liquid)
3 Tbsp lemon juice
3 Tbsp tahini
3 cloves garlic
1/2 tsp salt
1 tsp each cumin, garam masala, coriander or 1 tsp curry powder

Combine all ingredients in blender or food processor or mash with potato masher. Add enough chickpea liquid to reach desired consistency, approximately 1/4 cup. Mix well. Refrigerate.

GUACAMOLE DIP

John Y.C.

2 large ripe avocados
2 Tbsp lemon juice
1 tomato, finely chopped
1/2 tsp Tabasco sauce
Salt and black pepper, to taste
2 Tbsp minced onion
1 clove garlic, minced

Cut avocado in half, remove seeds and scoop out pulp with spoon. Mash pulp coarsely with fork while blending in lemon juice. Add salt, pepper, garlic, onion, chopped tomato and Tabasco. Cover and let stand in fridge for at least 1 hour. Serve with tortilla chips.

MANGO CHUTNEY

Martina Mayers

1 doz ripe mangoes
8 oz raisins
4 oz green ginger
1 whole garlic or garlic, to taste
4 oz (about 1 1/2 cups) tamarind
8 oz (1 cup) salt
8 oz (1 cup) sugar
1 qt (4 glasses) vinegar

Wash and peel mangoes and cut flesh into strips. Wash raisins. Peel and chop or pound garlic finely. Peel and dice ginger root. Scrape tamarind and discard seeds. Mix all solid ingredients. Boil vinegar and pour over mixture; stir well. Bottle and label.

The most important things in life aren't things.

SHRIMP MOULD

Pearl Yip-Chuck

1 can tomato soup
1 envelope gelatin
3/4 cup finely chopped celery
3/4 cup chopped green onion
1 large pkg Philadelphia cream cheese, softened
1 cup mayonnaise
2 cans small shrimp, drained

Dissolve gelatin in 1/4 cup cold water. Boil soup, undiluted. Stir in cream cheese. Mix well off the burner. Add gelatin. Cool. Then add other ingredients. Pour into mould. Serve with crackers.

FISH FRITTERS

Sybil Horton

1/2 lb dried salted fish
3 blades green onions
Pepper, to taste (black pepper and/or pepper sauce)
1 egg
1/2 pt milk
2 oz flour
1/4 tsp baking powder
Oil, for frying

Sieve flour and baking powder into bowl. Make well in centre and add egg and milk. Stir until there are no lumps. Beat well for 5 minutes. Leave to stand. While mixture is standing, thoroughly scale fish, then bone, skin and flake it. Chop green onions very finely. Mix fish and seasonings together. Add batter. Drop by spoonfuls in hot oil. Turn as required and cook for 2 to 3 minutes or until golden brown.

Note: Fresh cooked fish may be used in place of salted fish.

CHOUX PASTRY-PUFFS

Joyce Anderson
Brooklyn, NY

1/2 cup shortening
3 eggs, unbeaten
Pinch of salt
1 cup boiling water
1 cup sifted flour

Add shortening and salt to boiling water. Add flour, all at once, and stir until mixture forms ball, leaving pan clean. Remove from heat. Cool and add 1 egg at a time, beating thoroughly. Drop from spoon into greased sheet and bake in very hot oven for 45 minutes. Cool and fill either with sweet or salt filling, e.g. cheese, tuna, egg, jam or peanut butter.

MEAT & VEGETABLE ROLL

Suzanne Chuck

8 oz plain flour
2 level tsp baking powder
Pinch of salt
1 1/2 oz margarine or lard
Cold water, to mix
8 oz minced meat
1 finely chopped carrot
1 finely chopped onion
Salt and pepper
2 Tbsp gravy

Preheat oven to 375°F. Sieve together plain flour, baking powder and salt. Rub in fat until mixture resembles bread crumbs. Add sufficient cold water to give a dry dough. Mix together minced beef and finely chopped carrot and onion. Season well with salt and pepper and add gravy to moisten. Roll pastry out to large rectangle and trim edges. Cover with filling, leaving 1/2 inch pastry edge. Brush this with a little water and roll up as Swiss roll. Seal ends, prick top and decorate with pastry leaves. Brush with a little milk and bake in moderately hot oven for 1 hour.

CHEESE STRAWS

Bernice Jacob
Thelma Shervington (elder)

1 lb flour
12 oz margarine
12 oz to 1 lb grated cheese
1/2 tsp mustard
1/4 tsp pepper
Egg yolk, to bind

Rub margarine into flour. Add grated cheese, mustard and pepper. Add enough egg yolk to bind to a dough which can be rolled out. Roll to 1/4 inch thickness. Cut into straws and rings. Bake at 375°F for 7 to 10 minutes.

ELLEN'S GINGER BEER

3 lb fresh ginger
3 L boiled water, cooled
2 lb sugar (or to taste)

Clean ginger and cut into small chunks. Grate ginger or use food processor to mince, using a little water. Put grated ginger and water into large glass jar and cover loosely. Store in cool place for at least 24 (to 48) hours. Strain carefully and sweeten. Brown sugar gives it a dark colour; white sugar will give you a lighter coloured "beer". Bottle and refrigerate.

Note: If fermentation is desired, add 2 or 3 grains of rice to each bottle and leave in sun or light for 1 day before putting in fridge to chill for use.

BANANA PINEAPPLE PUNCH

Millie Bruno

5 cups sugar
6 cups water
Juice of 6 lemons
1 qt orange juice
2 cups pineapple juice
6 mashed bananas
2 qt 7-Up

Boil sugar and water. Add juice of lemons, orange juice, pineapple juice and mashed bananas. Mix well, then freeze in small bags. Take out shortly before adding 7-Up in punch bowl.

This makes a delicious and unusual punch.

PUNCH DE CREME

Wilma Wiltshire
Washington, DC

1 bottle white rum
4 tins condensed milk
2 tins evaporated milk
6 medium eggs
1 tsp angostura bitters
1/8 tsp nutmeg
Grated rind from 1 small lime

Beat eggs with whisk or blender until fluffy. Mix in condensed and evaporated milk slowly. Add rum, nutmeg, lime rind and bitters; mix well. Strain. Pour into clean bottles. Serve with cracked ice and club soda (optional).

FRUIT PUNCH

Jennifer Wells

12 oz can lemonade
12 oz can orange juice
24 oz pineapple juice
1/2 bottle soda water
1 bottle rosé wine, optional

Mix above; add frozen strawberries.

CARROT DRINK

Carlene Brown

6 medium carrots
1 bottle Guinness stout
1 can condensed milk
2 cups milk
1/2 tsp nutmeg
1 tsp vanilla

Cook carrots until tender; blend until liquified. Add rest of ingredients and sweeten. Add Guinness last. Very rich and tasty drink.

NATURE SHAKE

Amah Harris

1/2 medium size cantaloupe
3 ripe bananas, cut up
3 apples
Crushed ice
24 oz milk
3 Tbsp honey, optional
1 nutmeg
Whole strawberries

Use 48 ounce container of blender. Cut up cantaloupe in 24 ounces milk and blend. Now blend in 3 cut up bananas. Blend in ice and frappé. Blend in honey (optional). Now blend in apples. Pour Nature Shake into tall glasses. Grate (fine) nutmeg onto top and float 1 strawberry on top of Nature Shake.

MAUBY

Bernice Jacob

1/2 oz mauby bark
2 pieces cinnamon spice
6 pt water
1 small piece dried orange peel
3 to 4 cloves
2 lb sugar

Boil mauby bark, orange peel, cinnamon spice and cloves in 1 cup water for about 10 minutes. Cool and add water and sugar. Brew for about 5 minutes. Fill bottles and leave for about 2 days.

SPICED MANGO JUICE

Marriette Bowen

3 large ripe mangoes
2/3 tsp ground ginger
2/3 tsp ground cinnamon
1 1/4 cups unsweetened orange juice
1 lemon
1 orange, for decoration

Peel mangoes and cut flesh away from seed. Put mango flesh into liquidizer or food processor along with spices and orange juice. Blend until smooth. Cut lemon in half and squeeze the juice. Add enough lemon juice to mango purée to suit your own preference. Pour mango juice into individual serving glasses. Slice orange thinly and use these to decorate sides of glass. Serves 4 to 6.

LUCIA/TRINI PUNCH

Michelle and Pauline

500 mL Trinidadian rum
750 mL bottle ruby red grapefruit punch
10 mL bitters
1 1/2 (750 mL) bottles banana-orange juice

Combine rum, juices and bitters together in blender. Pour over crushed ice and serve with an orange slice. Drink responsibly.

DOMINICA RUM PUNCH

Vida St. Lewis

1 cup fresh lime juice (no substitutes, green limes only)
2 cups brown sugar
4 cups cold water
3 cups brown rum
3 tsp angostura bitters
1 green lime rind
1 nutmeg, freshly grated

Pour rum into jar and add lime rind; allow to soak for about 1/2 hour. Then add lime juice. In another jar, dissolve sugar in water and combine with rum mixture. Add angostura bitters. Grate nutmeg and sprinkle a generous amount into punch. Pour into glasses over ice cubes. Garnish with a slice of lime if desired.

Don't find fault, find a remedy.

TRINI RUM PUNCH

Joanne C. Brice, M.D.
New Jersey

1 part lime juice	**3 parts rum**
2 parts sugar	**4 parts water**

Blend sugar and water, bring to rapid boil, then remove from heat. Cool. Add other ingredients, stirring well. Pour into clean bottles. Enjoy, responsibly.

EGGNOG PUNCH

Millie Bruno

1 qt dairy eggnog	**1 qt 7-Up**
1 pt vanilla ice cream	

Combine eggnog and softened ice cream. Slowly add 7-Up. Serves approximately 20.

TRINI SEA MOSS DRINK

Rudolph Bruno
Brossard, Montréal, Québec

1 lb sea moss	**Milk**
1 lime	**Sugar, to taste**
Angostura bitters	

Soak sea moss with lime juice overnight. Wash thoroughly and cook in pressure cooker for 20 to 30 minutes or until the sea moss resembles a mass of jelly. Cool, add milk and sugar to taste and blend in a blender. Flavour with bitters and serve with crushed ice.

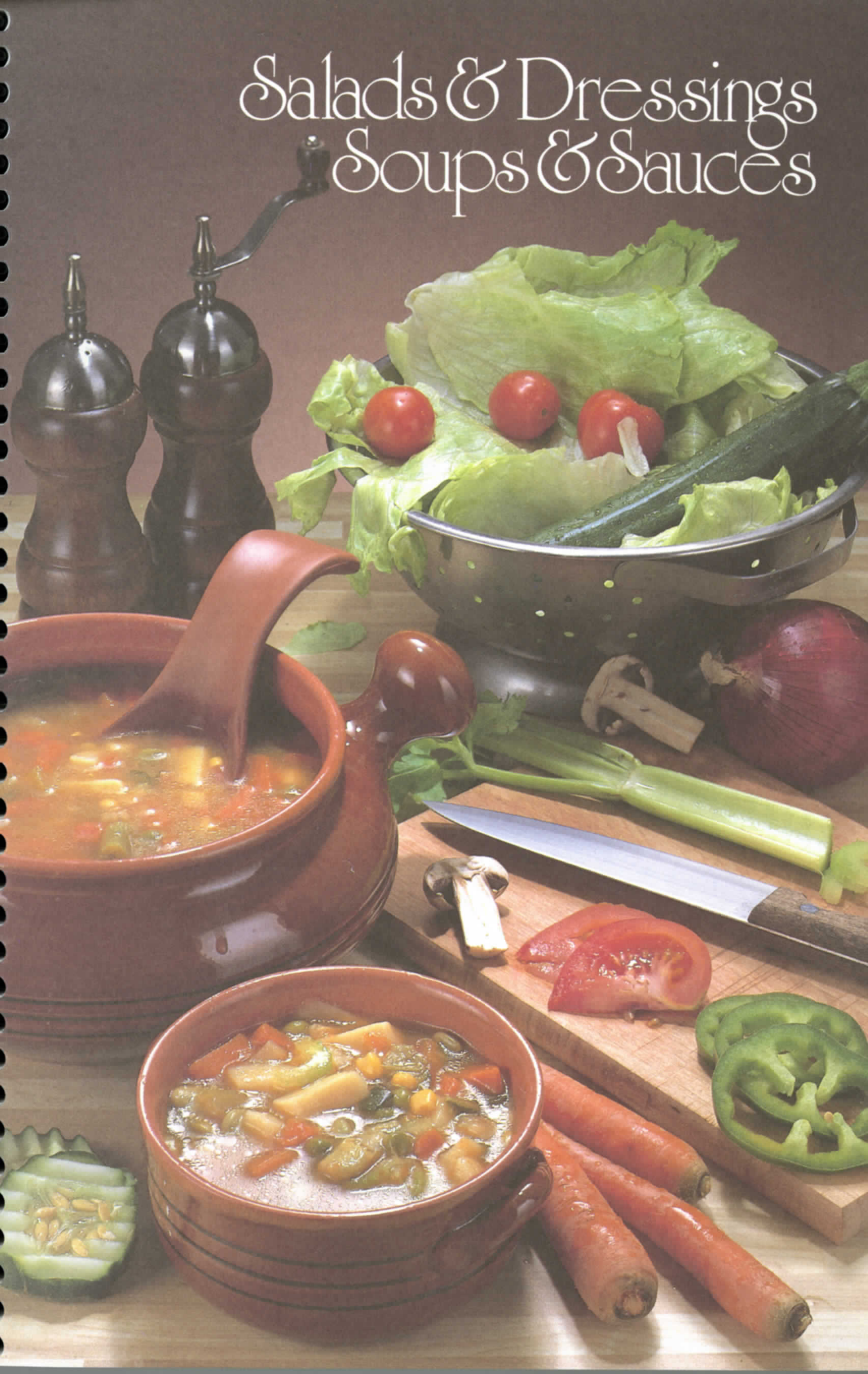
V'S TRINI PUNCH

Vanessa Mongroo

1 watermelon, seeded and chopped	**Rum**
Crushed ice	**Condensed milk**
	Angostura bitters

Blend melon (not too smooth). Add 1 tablespoon of condensed milk. Add rum and bitters to taste. Serve with crushed ice.

Salads & Dressings Soups & Sauces



FOOD QUANTITIES TO SERVE 50 PEOPLE

	Serving Portion	Amount for 50 People*
Beverages		
Cocoa, mixed	¾ cup	40 cups
unsweetened powder		½ lb.
Coffee	¾ cup	1½ lb.
Punch	½ cup	25 cups
Tea	¾ cup	½ lb.
Bread and Crackers		
Bread	1 slice	4 loaves
Rolls	1 roll	5 doz.
Crackers (soda)	2 crackers	1½-2 lb.
Cereals		
Rice	½ cup	3-4 lb.
Macaroni, noodles, spaghetti	½ cup	4½-5 lb.
Dairy Products		
Butter, for table	1 tbsp.	1-1½ lb.
for vegetables	½ tsp.	¾ lb.
Cheddar cheese	1-1½ oz.	3-5 lb.
Cream, coffee		7 cups
whipping	2 tbsp.	3 cups
Ice cream	½ cup	25 cups
Milk	1 cup	50 cups
Desserts		
Cakes, angel food		3-4 cakes
pound or loaf		4 loaves
8x8-inch square		3-4 cakes
Cookies or slices	3 pieces	150 pieces
Pies	⅛ pie	6 pies
Fish		
Fillets	3 oz.	14-16 lb.
Whole	3 oz.	40 lb.
Fruits		
Apples	1	15 lb.
Bananas	1	16 lb.
Peaches	1	12-15 lb.
Raspberries or strawberries	½ cup	14 lb.
Juice, fruit or vegetable	½ cup	25 cups

	Serving Portion	Amount for 50 People*
Meat		
Beef, ground	3 oz.	13-15 lb.
boneless round, rump	3 oz.	16-18 lb.
Lamb, boneless leg	3 oz.	15 lb.
Pork, boneless loin	3 oz.	18-20 lb.
boneless ham	3 oz.	15 lb.
Salami	3 oz.	10 lb.
Sliced luncheon meat	1 oz.	3½ lb.
Weiners	2 weiners	10 lb.
Poultry		
Chicken, fryers	¼ fryer	13 fryers
Turkey	3 oz.	36 lb.
Pickles		
Dill or sweet		10 cups
Relish		8 cups
Salads		
Green	¾ cup	32-40 cups
Potato, chicken or fruit	½ cup	28-32 cups
Salad dressings		
Mayonnaise	1 tbsp.	4 cups
French	2 tsp.	3-4 cups
Sandwiches		
Main meal	1½	70-80
Afternoon	1	50
Vegetables		
Asparagus	½ cup	18-20 lb.
Beans, green or wax	½ cup	10-12 lb.
Broccoli	½ cup	16-20 lb.
Cabbage	1 wedge	12-14 lb.
Cauliflower	½ cup	16-18 lb.
Celery, sticks	4 sticks	4-5 lb.
Corn on the cob	1 ear	5 doz.
Lettuce, for tossed salad	1 cup	8 heads
for salad plate		8-10 heads
Potatoes, baked	1 potato	17-25 lb.
mashed	½ cup	15 lb.
Tomatoes, sliced	3 slices	15 lb.
Frozen vegetables		10 lb.

***Based on one serving portion per person. For second helpings or larger serving portions, prepare additional food accordingly.**

SALADS & DRESSINGS, SOUPS & SAUCES

SALADS & DRESSINGS

Above all,
To thine own self be true
Then it would follow,
As the night follows the day,
That you could not be false to anyone.

Mamie's advice
William Shakespeare

BLACK-EYED PEAS SALAD

2 cups cooked black-eyed peas
1 cup tomatoes, chopped
1 cup carrots, shredded
1/2 cup yellow squash or zucchini, chopped
1 small onion, chopped
1/4 cup olive or canola oil
1/4 tsp basil
1 or 2 cloves fresh garlic
1 tsp honey
Pinch of cayenne pepper

Combine peas, tomatoes, carrots, squash and onions in large bowl. Put remaining ingredients in covered container and shake well. Add to other ingredients and toss together. Refrigerate for 2 to 3 hours before serving.

Variation: Black-eyed peas could be substituted with fresh cut green beans, lentils or other healthy beans or peas of choice.

CHINESE CHICKEN SALAD

3 cups diced cooked chicken
8 oz can sliced water chestnuts, drained, rinsed
2 cups sliced bok choy or Chinese cabbage
1 cup bean sprouts
1 large carrot, shredded
1 medium size onion, sliced
1 Tbsp sesame seeds
Dressing:
1/3 cup sesame oil
2 Tbsp fresh lemon juice
1 Tbsp soy sauce
1/2 tsp ground ginger
3 oz can chow mein noodles

In large bowl, combine chicken, water chestnuts, bok choy, sprouts, carrots, onion and sesame seeds; toss gently. In small bowl, combine ingredients for dressing; beat until thick and blended. Pour dressing over salad; toss again before serving. Sprinkle with chow mein noodles. Makes 4 servings.

MUSHROOM-SPINACH SALAD

2 cups spinach
3/4 cup sliced mushrooms
Dash of cayenne pepper
2 tsp onion, chopped
Pinch of salt, optional
Olive or canola oil

Mix all ingredients together. Moisten with olive or canola oil or other healthy choice.

RICE SALAD

Heather Brown

4 cups cooked rice
1 cup diced seeded tomatoes
1/2 cup green onions
1/2 cup chopped parsley
1 cup cooked peas
1/2 cup diced red or green pepper
1/2 cup vegetable oil
Salt and pepper, to taste
Optional:
1 cup jerk chicken or 1 cup baked chicken or baked salmon
Vegetarians Can Add:
19 oz can red beans
Cheese
Eggs

Toss all ingredients with oil. Add salt and pepper to taste.

MANGO, ORANGE & APPLE SALAD

Heather Brown

3 medium size green mangoes
2 medium red Delicious apples
14 oz can mandarin oranges, drained
Juice of 2 large lemons
1 small pimento pepper
1 medium size white onion
3 cloves garlic
Salt and pepper, to taste
1 lettuce

Cut up mangoes and apples into 1/2 inch cubes. Finely chop onion, pepper and garlic. Toss all ingredients with lemon juice. Add mandarin oranges. Season with salt and pepper. Serve on lettuce cup. Makes 4 servings.

You cannot use your friends and have them too.

TOSSED NAPA SALAD

Beatrice C. McLean

Salad:
1 medium head napa (Chinese cabbage)
2 stalks spring onion, washed and cut
1 red sweet pepper, washed and julienne (cut in strips)
1 large carrot, cleaned, washed and shredded
1 tsp celery seeds
Dressing:
1/2 cup cider vinegar
2 Tbsp canola or olive oil
1 tsp soy sauce
1 tsp honey or brown sugar
1 clove garlic, minced
Black pepper, to taste

Salad: Shred napa cabbage in small, bite size pieces, omitting hard stem. In large salad bowl, combine napa, carrots and pepper and toss lightly. Add celery seeds and toss again. Garnish with cut up spring onions. Cover bowl and store in refrigerator until ready for use. Add dressing to tossed salad immediately before serving.

Dressing: Blend vinegar, oil, soy sauce, honey or sugar and garlic together until well mixed. Add black pepper to taste. Test for salt content and add extra soy sauce if required. Store leftover dressing in fridge.

Time Limit: 20 minutes.

BEAN SALAD

Jennifer Wells

2 tins (20 oz) green beans, drained
2 tins (20 oz) yellow beans, drained
15 oz tin kidney beans, washed
1 tin chickpeas, washed
1 medium onion, cut into slices
Dressing:
1 cup white vinegar
1 cup sugar
1/2 cup salad oil
1 tsp black pepper
1/2 tsp salt

Put all ingredients into large bowl. Make dressing and blend or shake well. Pour over beans and place in refrigerator overnight. Stir well the next day, drain and serve.

An apology is a good way to have the last word.

MARINATED CARROT SALAD

Heather Brown

6 large carrots, peeled
1 medium onion, sliced
1/2 cup chopped green onion
1 medium green pepper, sliced
1 medium red pepper, sliced
Dressing:
10 oz can condensed tomato soup
1/2 cup vinegar
1/4 cup olive oil
1 Tbsp prepared mustard
1/2 cup brown sugar
1 tsp parsley
1 tsp cracked peppercorns
Salt, to taste

Slice or julienne carrots into large bowl. Add other ingredients to carrots. Prepare dressing. Whisk all ingredients until mixture is smooth and thoroughly mixed. Stir dressing into carrot mixture. Marinate overnight before serving.

CARIBBEAN POTATO SALAD

Heather Brown

5 medium size potatoes, cooked
19 oz can peas and carrots
1 medium size beet, cooked
1/2 cup chopped green onion
1 hard boiled egg
2 cups lite salad dressing
Salt and pepper, to taste

Dice potatoes into 1/2 inch cubes. Add peas and carrots. Mix all ingredients, except beet and egg, with mayonnaise. Dice beet and fold into potato mixture. Season with salt and pepper. Garnish with egg slices. Chill before serving.

MARSHMALLOW SALAD

Pat Lewis

14 oz can crushed pineapple
10 oz can mandarin oranges
1 bag miniature marshmallows
1 doz cherries
10 oz container sour cream

Drain fruit. Mix other ingredients and let stand in fridge 1 hour before serving.

To a friend's house, the road is never long.

EGGLESS SOY MAYONNAISE

1 cup soy milk
4 tsp honey
1 to 2 cups safflower or olive oil
4 tsp apple cider vinegar
1 pinch cayenne pepper

Blend first 2 ingredients, slowly adding oil. As mixture stiffens, add last 2 ingredients. Mix well and chill before using.

LEMON-GARLIC DRESSING

1 cup apple cider or wine vinegar
1 cup water
2 Tbsp lemon juice
1/2 cucumber, cut in chunks
4 garlic cloves, ground
1/4 tsp cayenne pepper
1/2 tsp celery seed or 1 small stalk
1 Tbsp parsley flakes

Blend all ingredients until smooth. Refrigerate. Makes approx 2 1/2 to 3 cups. Great with seafood.

MAYONNAISE

Gillian Roberts

2 egg yolks
1 1/4 cups olive oil
1/2 to 1 tsp dry mustard
1/2 tsp salt
1 tsp sugar
1 to 2 Tbsp lemon juice or white vinegar

Put yolks and mustard with salt and sugar in mixing bowl and beat with wire whisk or place in blender. When they are well beaten, add oil very slowly as you continue whisking or blending in blender. Increase flow of oil (but still not fast) until mayonnaise thickens. When thick and creamy like mayonnaise, add lemon juice or vinegar and whisk for a short while longer. Store in refrigerator. Should be used within 5 days.

All people smile in the same language.

SOUPS & SAUCES

GUIDE FOR A LOVING HOME (Family)

May we treat one another
With respect, honesty and care,
May we share the little
Discoveries and changes
Each day brings.

May we try always to be
Sensitive to
One another's joys, sorrows,
Needs and changing moods,
And realize that being
A loving family means
Sometimes not
Understanding
Everyone all the time
But being there to love
Help and support just the same.

ST. LUCIA'S CREOLE SOUP

Sylvia Kajiura

Pickled meat
Butter or oil
Water or liquid stock
Pumpkin
Ground provision (taninia yam, dasheen)
Season, to taste
Flour or cornstarch
Dumplings, if desired

Soak and cut up meat. Peel and cut vegetables into chunks. Mix all ingredients and simmer for about 1 hour. While this is cooking, make and add dumplings, if desired. Mix flour or cornstarch with cold water; add to soup to thicken. Boil for 5 minutes.

Happiness is not perfected until it is shared.

BONE SOUP (Sancoche)

Ivan Wiltshire
Barataria, Trinidad

Beef bones
Oxtail
Small piece salted pig tail or salted beef
1/2 cup yellow split peas
1 large tomato
2 Tbsp tomato ketchup
1/2 lb pumpkin
1 medium size carrot
2 Tbsp cooking butter (Golden Ray)
2 to 3 fresh potatoes
Sweet potato, optional
2 to 3 green bananas
Small dumpling
Salt and black pepper, to taste
Seasoning:
1 sprig celery
1 sprig green onion (chive)
4 grains garlic
1 large onion

Pressure bones, oxtail and salted pig tail with split peas 15 minutes. Add seasoning. Add cut up pumpkin and carrot. Add cooking butter and ketchup. Add potatoes, green bananas and dumpling. Add salt and black pepper to taste. Only pressure bones, oxtail and salted pig tail with split peas. Do not pressure remaining ingredients.

CALLALOU

Marcella Fontaine

20 callaloo leaves (dasheen leaves can used as substitute)
6 cups chicken stock
1/4 lb salt pork, cubed
1/4 lb salt beef, cubed
1 onion, chopped
2 garlic cloves, minced
1/4 tsp thyme
1 cup coconut milk
8 okras, sliced
3 crabs, cleaned and dissected
Salt and pepper, to taste
1 lb flour, for dumplings

Wash callaloo leaves and chop coarsely. Place in large saucepan with chicken stock, salt pork, salt beef, onion, garlic and thyme. Cook until meat is tender, about 45 minutes. Remove meat and reserve. Add coconut milk and okras; simmer for 10 minutes. Puree soup thoroughly until smooth. Meanwhile, make dumplings by adding water to flour to make dough. Knead dough and cut in 1/2 inch pieces. Roll to form small dumplings. Place dumplings in pot. Return meat to pot. Add crab, salt, pepper and hot pepper sauce to taste. Cook for 20 minutes. Add water if soup is too thick. Serve warm.

CORN SOUP

Wilma Wiltshire
Pax Vale, Trinidad

1/2 lb split peas
1/2 lb pumpkin
2 cups corn kernels or 1 tin cream style corn
1 clove garlic
1/2 tsp salt
2 Tbsp sugar
2 Tbsp ketchup, optional
2 Tbsp margarine
2 cubes chicken stock
6 cups water
1 whole green pepper
Diced green onions
Parsley flakes

Boil split peas, garlic and pumpkin until split peas are soft. Add all other ingredients and simmer in approx 6 cups water until soup has thickened to desired consistency. Small dumplings may be added to stage 2 if desired. Remove green pepper before serving.

CORN AND CRAB SOUP

Jeré Hales
New Orleans, USA

1 bunch chopped chives (green onion)
1/2 stick butter
1 pt half and half milk
1 lb crab meat
1 can cream style corn
1 tsp crab boil
1 can cream of mushroom soup
Creole seasonings, to taste

Sauté chives in butter on low flame for approximately 5 minutes. Add all other ingredients together. Allow to simmer on low heat for 15 to 20 minutes.

GARLIC SOUP

1 Tbsp olive oil or canola oil
12 to 18 garlic cloves, sliced
2 to 3 cups boiling water
Salt, to taste
Cayenne pepper, to taste
Toasted bread
Egg

Heat 2 Tbsp oil in deep saucepan and slowly fry garlic cloves until soft but not brown. Cover with 2 to 3 cups boiling water and season with salt and pepper to taste. Lay in squares of toasted bread and let boil for approx 10 minutes. When done, break in 1 egg for each person. Cover to let eggs poach lightly. Remove from heat and serve.

GOAT SOUP

Carlene Brown

2 lb goat meat
8 pimento seeds
3 carrots, blended
1 medium onion
3 sprigs thyme
6 slices yellow yam
2 sweet potatoes
4 green bananas
2 pkg chicken noodle soup
1 Scotch bonnet pepper
3 green onions

Wash goat and place in large pot; fill with water. Boil for 1 hour with pimento seeds. Then add thyme and onion. Boil for another hour. Blend carrot in blender until liquified; add to mixture. Boil for 10 minutes, then add remaining ingredients, except for chicken noodle soup, green onion and Scotch bonnet. Boil until meat is tender; add chicken noodle soup, pepper and green onion. Cook for 10 minutes longer, taking care that pepper does not burst. Remove pepper when cooked.

KINGFISH-SHRIMP SOUP

Clyde Bruno

2 lb kingfish
1 1/2 lb fresh shrimps
1 lb artificial crab legs, optional
1 1/2 potatoes
2 large carrots
2 small celery stalks
1/4 lb elbow macaroni
1 pinch salt
3 dashes black pepper
2 Tbsp pepper sauce
2 Tbsp ketchup
1 tsp basil
2 cloves garlic, finely chopped
1 large onion, cut into small cubes

Place potatoes, peeled and cubed, into boiling water. Add carrots, peeled and cubed, to pot; boil 5 minutes. Add crab legs, cut into 1/2 inch slices; boil another 5 minutes (optional). Add kingfish, chopped into 1 inch pieces. Add seasonings. Add macaroni; boil for another 10 minutes, stirring well. Add shrimp and cook for 5 to 8 minutes.

Wisdom is only common sense; trouble is, it's not common enough.

PEPPER POT

Dawne Jeffrey
Thelma Shervington

2 lb oxtail
2 lb pork ribs
1/2 lb salted pig tails
2 lb stew beef or brisket
4 cloves garlic, minced
4 cloves
3 inch cinnamon stick
1 whole pepper
1 Tbsp sugar
1 inch dried orange peel
Boiling water, to cover meat
1 cup cassareep (available in West Indian store)

Pressure cook all meats for approx 10 minutes or cook until 1/2 tender. Skim off froth. Place oxtail at bottom of stockpot, then place beef/pork/pig tail, orange peel, garlic, cinnamon and cloves. Pour hot water to cover meat completely and cook until almost tender. Always have hot water handy to top up if necessary. Remove all froth before adding cassareep, salt, sugar and pepper to taste. Allow to cook (medium heat) until tender. This should take approx 1 hour. This dish develops more flavour if left overnight. It must be reheated every day. If left in pot, reheat to boiling point each day. Or, you could put it in containers in refrigerator and reheat the portion you want to use. This dish must be served hot and can be used at breakfast time with bread or lunch with bread or boiled potatoes or supper with plain rice or vegetables.

Be careful not to burst the pepper or it may be too hot. I throw away the pepper when it's done so as to avoid this happening - but some people like it hot!

This is a traditional Amerindian dish. Cassareep is made from the cassava root and helps to preserve the meat - the reason why it can be used over a period of time.

Some people start cutting their wisdom teeth the first time they bite off more than they can chew.

ELLEN'S SHRIMP OKRA CREOLE GUMBO

3 large onions, chopped
3/4 tsp garlic powder
3/4 cup green onion, chopped
Fresh parsley
1 1/2 cups fresh smothered okra
3 lb fresh shrimp
1 cup flour
1 cup oil
Salt, black and red pepper, to taste

In iron pot, add flour and oil and cook until dark brown roux is achieved. Add onions to roux and simmer for a few minutes until they become clear. Add shrimp and stir until they become pink, about 5 minutes. After shrimp is pink, add okra and 2 quarts water. Cook for 1 hour and add green onions, parsley, salt, pepper and red pepper. Also add 1/2 quart water and let cook for about 20 minutes more. Gumbo file can be added if desired.

BROWN STOCK

Gillian Roberts

1 lb bones of chicken or beef
2 stalks celery
1 carrot, skin could be used
1 onion, skin could be used
4 cloves garlic, skins could be used
3 Tbsp tomato paste
1 tsp rosemary
1 tsp thyme
2 Tbsp black peppercorns
6 cups water

Put all ingredients in pot. Bring to boil and allow to simmer for at least 1 hour. Use to make brown sauce to serve with roasted meats.

BARBECUE SAUCE

Gillian Roberts

4 cloves garlic
1 cup tomato ketchup
1/2 cup apple cider
1 tsp soy sauce
3 dashes Tabasco sauce
2 Tbsp brown sugar
2 Tbsp vinegar
3 slices pineapple or 4 peach halves, puréed (canned or fresh)

Peel and crush garlic and put into saucepan with rest of ingredients. Simmer for 20 minutes. Eat with chops or hamburgers or spread it over spareribs, kebabs or chicken before cooking them in oven or on open grill.

BROWN SAUCE FOR ROASTED MEATS

Gillian Roberts

3 cups Brown Stock (see index)
1 Tbsp tomato paste
4 to 6 Tbsp flour
4 Tbsp butter

Melt butter; stir in flour. Allow to cook for 1 minute, stirring constantly. Stir in tomato paste. Add stock while stirring with whisk until smooth consistency is achieved. Allow to simmer for at least 1/2 hour. Strain and serve with roasted meats.

To Vary (After Straining):

Add 1/2 cup red wine and allow to simmer for a further 15 minutes. Serve.

Add 1/4 cup brandy, 1/4 cup wine, 1/4 cup cream and 2 Tbsp green peppercorns; simmer for 15 minutes. Serve.

Add 1/2 cup red wine and 4 ounces blanched mushrooms that have been sliced. Simmer for 15 minutes. Serve.

Peel 2 small tomatoes and 1 small onion, chopped finely. Sauté in small amount of fat and add to sauce with 1/2 cup wine and 2 Tbsp finely chopped tarragon which has been steeped in white vinegar. Simmer for 15 minutes.

TOMATO SAUCE

Gillian Roberts

1 lb (450 g) tomatoes
6 cloves finely chopped garlic
1 small onion, diced
2 Tbsp olive oil
Salt, to taste
2 Tbsp sugar
1 tsp black pepper or 1/2 tsp cayenne pepper
1 tsp freshly chopped basil or 1/2 tsp dried basil
1/2 tsp dried oregano
1/4 tsp thyme
2 bay leaves

Skin tomatoes. (Blanch them and skin becomes easy to remove.) Chop coarsely. Heat olive oil; add tomatoes, onions and garlic. Cook gently for about 10 minutes. Stir in herbs and add salt and pepper. Allow to simmer for another 10 minutes. Purée in blender. Reheat and serve with pasta, gnocchi or fish.

GINGER CARAMEL SAUCE

Venetta Pacquette

1/2 cup plus 2 Tbsp heavy cream
2 tsp fresh ginger, grated
1 cup sugar
1 tsp fresh lemon juice

In small saucepan, simmer 1/2 cup heavy cream with ginger for about 10 minutes. Set aside. In another heavy saucepan, cook sugar with lemon juice over low heat, stirring frequently, until sugar caramelizes to light brown colour, about 10 to 15 minutes. Stir in remaining cream. Remove from heat. Strain cream into bowl and whisk in sugar mixture until smooth. Serve warm.

MANGO PUREE

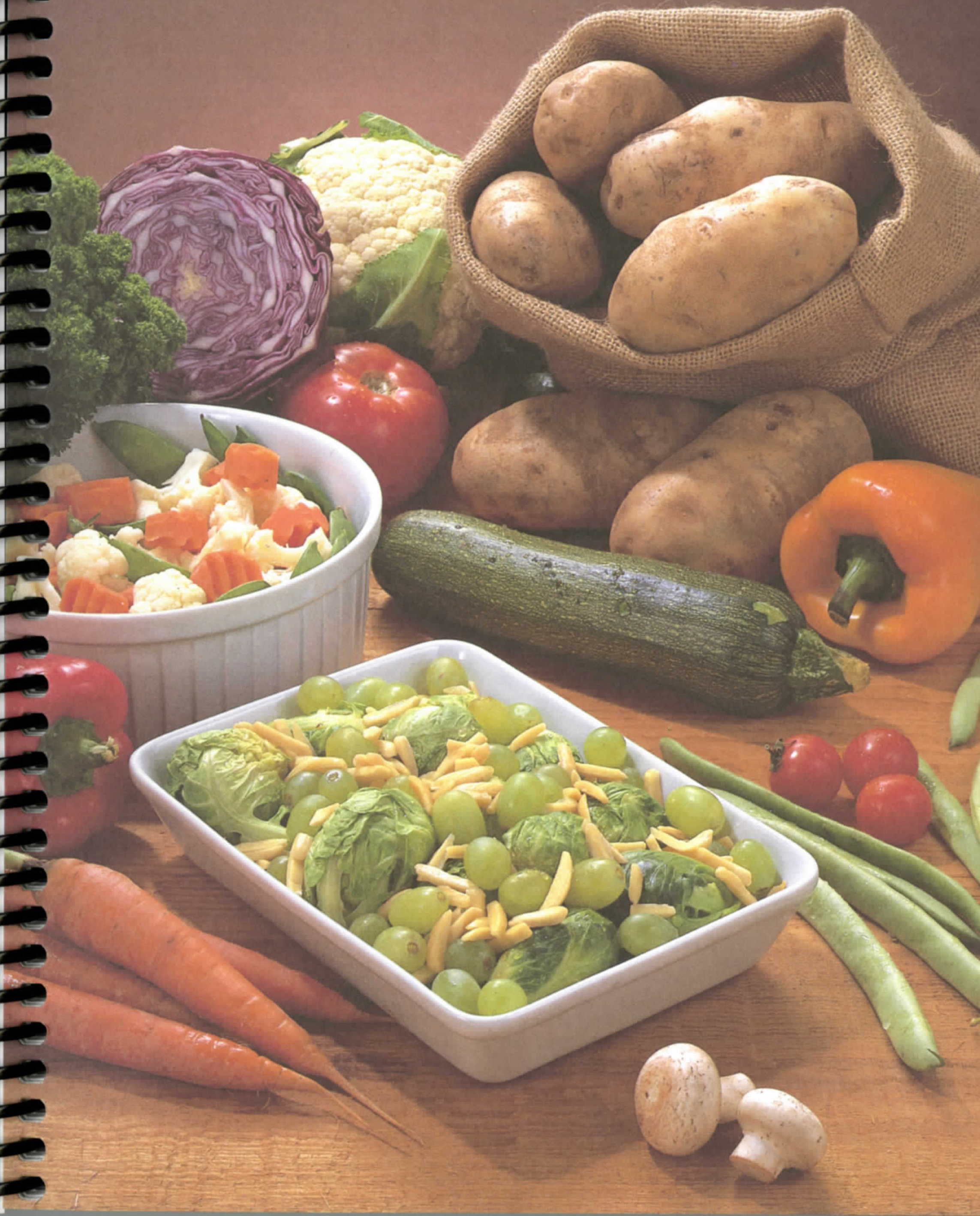
Mariette Bowen

2 soft ripe mangoes
2 Tbsp honey
2 Tbsp granulated sugar
1 tsp cornstarch

Peel mangoes and remove flesh. In small saucepan, combine mangoes, honey, sugar and cornstarch and heat until mixture thickens. Cool. Use puree over cheesecake, yogurt, sweet bread, etc. Store leftover puree in freezer.

EXTRA RECIPES

Vegetables



VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 pounds pressure)	Bake (350 °F.)
Asparagus, tied in bundles	15-20	30-40	9	
Beans, wax or green	15-25	30-35	2-2.5	
Beets, whole	25-45		15-18	90
Beet greens (tops)	5-15			
Broccoli, stalks	10-15	15-20	1½-3	
Brussels sprouts	10-20	15-20	1-2	
Cabbage, green				
wedges	8-15	10-15	2-3	
shredded	4-8	8-12	½-1½	
Cabbage, red				
shredded	20-25	25-30	3-4	
Carrots, sliced	15-20	20-30	2-3	35-45
Cauliflower,				
whole	15-25	25-30	3-4	
flowerettes	10-15	10-20	1½-3	
Celery, diced	15-20	25-30	2-3	
Corn on the cob	8-10	10-15	½-1½	
Eggplant, sliced	10-20	15-20		30
Onions, small, whole	15-30	25-30	3-4	
Parsnips, quartered	20-30	30-45	10	
Peas	15-20	15-25	1	
Potatoes, whole	30-35	30-45	15	40-60
quartered	20-30	30-35	8	
Squash Hubbard, sliced	35-45	45-50	12-15	60-90
Squash, Summer, sliced	8-15	15-20	1½-3	30
Spinach	4-8	5-12		
Turnips, sliced	15-20	20-25	1½	

(All cooking times are in minutes)

Boiling: Add vegetables to boiling, salted water using as little water as possible. Cover saucepan. Bring water to a boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

Steaming: Place vegetables in steamer basket just over, not touching, rapidly boiling water. Sprinkle with salt, cover, and cook until just tender. Drain; season to taste.

Pressure Cooking: A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

Baking: Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

Note: Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

VEGETABLES

RECIPE FOR HAPPINESS

Living Water Community
Trinidad

1 cup friendly words
2 heaping cups understanding
2 cups milk of human kindness
4 heaping Tbsp time and patience
Pinch of warm personality
Dash of dry humour
Spice of life

Measure words carefully; add heaping cup of understanding to milk of human kindness. Sift together 3 times before using. Make a smooth sauce, not too thick. Use generous amounts of time and patience. Keep temperature low; do not boil. Add dash of dry humour and pinch of warm personality and season to taste with spice of life. Serve in individual moulds. Works best when made by a good mixer.

COLLARD GREENS

Ona Allen (elder)

2 lb collard greens, washed and drained
2 cups water
3 Tbsp bacon drippings or olive oil
1 small onion, thinly chopped
2 cloves garlic, minced
1/8 tsp crushed red pepper
2 to 3 tsp sugar
2 Tbsp vinegar

Discard woody part from greens. Roll greens, a few at a time. Cut crosswise in strips. Bring water to boil in heavy, large saucepan. Add greens and cook over medium heat, stirring often, till greens are slightly tender, 10 to 15 minutes. Drain well. Heat bacon drippings or oil. Add onion, garlic and red pepper. Cook and stir till onions tender, approx 5 minutes. Drain greens well, add sugar and onion mixture and cook another 10 minutes. Sprinkle with vinegar; toss to coat.

Perseverance is failing 19 times
and succeeding the 20th.

EGGPLANT CHOKA

Val Jobity

2 medium, firm eggplants
10 to 12 large cloves garlic
1 large onion
1/4 cup olive oil
1 Tbsp lemon juice (vinegar can be substituted)
Salt and black pepper, to taste

Note: The eggplant can be roasted in the oven, cooked in a microwave, or cooked directly over the open flame if a gas stove is available.

Before roasting, make 4 to 5 cuts into the eggplant and insert one clove of garlic into each cut. Cook eggplant according to your choice (about 15 to 25 minutes in an oven, 8 to 10 minutes in a microwave). When eggplant begins to sag then it can be checked to see if it is tender and fully cooked. Let cool, then remove skin. Place in blender with salt, black pepper and lemon juice and puree (if a blender is not available, a potato masher can be used). When pureed, remove to a medium or large sized bowl. Put oil in a small skillet over medium heat. When oil is hot, burn 4 to 6 cloves of garlic and then remove garlic from oil. Mince remaining cloves of garlic and place in skillet with diced onion. Cook until onion is golden brown. Remove from heat and mix with eggplant. Cover and let sit for 15 minutes before serving.

Serve with roast bake or can be used on rice.

Note: This recipe makes enough to serve 6 to 8 people. However, we always make more than enough to use on the following days because the longer it sits the tastier it becomes as the seasoning soaks in.

BROCCOLI WITH SESAME SEEDS

Doreen Shaughnessy

1 Tbsp sesame seeds
1 bunch broccoli
2 Tbsp orange juice
2 tsp sesame or olive oil
2 tsp soy sauce, low sodium
1/2 tsp ginger or 1 tsp grated gingerroot

Fry sesame seeds over low-medium heat for 3 minutes, shaking pan to prevent scorching. Cut broccoli into florets; peel and slice stalks. Boil broccoli for 5 to 6 minutes; drain and place in serving dish. Combine orange juice, oil, soy sauce and gingerroot; toss with broccoli. Sprinkle with sesame seeds.

STUFFED BOULANGERS (Eggplant, Melongemes)

Bernice Jacob

4 medium sized boulangers
1/2 lb ground beef, lean
1 onion
Salt and pepper
1 tsp chopped herbs
2 tsp Worcestershire sauce
2 Tbsp fat
Seasoned bread crumbs

Boil boulangers until tender. Season meat to taste, adding all ingredients. Divide boulangers in half, remove pulp and crush finely. Do not destroy outer skin. Cook meat and add pulp. Return filling to skins, reshaping neatly. Sprinkle with seasoned crumbs. Place on greased baking sheet and bake at 350°F until brown.

GREEN BANANA SALAD (Grenada)

Veni Perrotte and Family

2 lb green bananas
1/2 medium sized onion, grated
2 oz margarine
3 Tbsp mayonnaise
Salt, to taste

Peel and wash bananas with lime. Cook in boiling, salted water until tender. Drain off water and dice bananas while warm. Add margarine, grated onion and mayonnaise. Mix well. Serve on bed of lettuce. Garnish with one or combination of parsley, tomatoes, sweet pepper and carrot curls.

LENTIL ROAST

Erma Callender

2 cups lentil peas, cooked
1/2 cup skimmed milk
1 small onion, chopped
1 cup cooked rice or bread crumbs
1 egg
1 Tbsp canola or sunflower oil
2 Tbsp peanut butter, optional
1/2 cup chopped celery
1/4 tsp black pepper or paprika
Salt, to taste

Combine all ingredients together, using enough milk for desired consistency. Bake in greased dish for about 1 hour at about 375°F or until it is done. Yellow split peas or red kidney beans could be used instead of lentils. This is an ideal vegetarian dish.

People who snore always fall asleep first.

GROUND PROVISION BLEND

Amah Harris

Sweet potato and pumpkin

3 lb sweet potatoes, half boiled
2 fresh apples, crushed
Oil, fruit or vegetable
2 large tomatoes
3 bulbs chive
2 spoonfuls thyme leaves
5 medium sized carrots
1 lb pumpkin, well ripe, half boiled, peeled
1 large onion, chopped small
7 garlic cloves, juiced
1 1/2 tsp rosemary, crush up
2 celery sticks
Cayenne pepper
2 eggs
Butter or margarine
1/3 cup milk

Peel and crush sweet potatoes. Mix in apples, using garlic juice. Crush pumpkin into mix - this is the Provision Blend base. Now beat eggs with milk and mix into blend base. Preheat oven. Grease baking pan with margarine. Place Provision Blend base into baking pan; place into oven for 15 minutes. While blend base is baking, use frying pan and pour oil in. Now sauté onions, garlic, 1 large tomato, 3 bulbs chive, thyme leaves, 2 sticks celery, rosemary leaves and cayenne. Pour sautéed seasoning into baking pan, mixing it with blend base. Roll mixture into loaf. Leave for 10 minutes. Baste with butter/margarine. Grate 5 carrots onto loaf (use finest part of grater, allowing juice to seep into loaf). Slice 1 large tomato onto loaf. Place baking pan back into oven for 7 minutes. Ground Provision Blend is ready.

HERBED CARROTS AND CELERY

Doreen Shaughnessy

6 medium carrots
1 head celery
1 cup (250 mL) chicken stock
1/4 cup chopped basil or parsley or dill (or mixture)
1 Tbsp margarine or butter
Salt and pepper

Cut celery and carrots into julienne strips 5 cm long. Bring stock to boil; add carrots, cover and boil for 5 minutes. Add celery; cover and simmer for 5 minutes longer. Drain and add herbs and butter; add salt and pepper and mix lightly.

The road to failure is paved with indecision.

MASHED GREEN BANANA

Marie Ssemanda

6 green bananas
5 cups water
1 tsp salt

Peel green bananas, cut them in smaller pieces and wash in pot of cold water. Place bananas in pot, cover with water, add salt and put to boil on medium heat for approx 30 minutes. (Keep cover slightly off so water does not boil over.) When soft, drain off water into separate pot. Mash bananas, adding drained water to moisten food as needed. Transfer mashed bananas to greased casserole container and place in preheated oven at 350°F for approx 30 to 40 minutes.

Serve with beef stew.

STEAMED VEGETABLE SALAD

Jenny Collins
North Hamptonshire, England

1 lb carrots, peeled
1 lb parsnips, peeled
1 lb cauliflower
Juice of 1 lemon

Dice carrots and parsnips. Break cauliflower into florets. Soak vegetables in bowl of water with a few drops of lemon juice. Steam all vegetables in vegetable steamer 10 to 15 minutes. After steaming, sprinkle vegetables with few drops of lemon.

If using vegetables with soft texture (e.g. celery, sweet peppers, courgettes, aubergine), cooking time will be shorter.

OKRA AND TOMATOES

Gillian O'Brien
Toronto

20 oz can tomatoes
2 small pkg frozen okra
3 large stalks celery, chopped coarsely
1 large yellow onion, chopped coarsely
Bacon grease or cooking oil
Salt
Garlic
Red peppers, crushed

Take enough bacon grease or oil (bacon grease tastes better - cooking oil is better for you) to sauté onions and celery. Heat over hot burner until grease sizzles. Put in onion and celery, stirring constantly, until onions start to melt. Add can of tomatoes and bring to boil. Add okra and bring back to boil (if you use fresh okra, you will need two 20 ounce cans full). Add 1 tsp garlic, salt and hot peppers to taste. Turn heat down to low and cook slowly, covered, for about 30 to 45 minutes. Great as leftovers.

SWEET AND SOUR CARROTS

Joyce Anderson
Brooklyn, NY

4 cups carrots, cut into sticks or 1/8 inch slices
2 scallions, split and cut into 1 inch pieces
2 Tbsp oil
Seasonings:
1 thin slice ginger, minced
1 clove garlic, crushed
Sauce:
1 1/4 cups water
1/4 cup sugar
1/4 cup brown sugar
1/3 cup red wine vinegar
1 Tbsp soy sauce
2 Tbsp cornstarch

Wok Cook: In saucepan, mix all sauce ingredients and heat until it comes to boil. Turn off heat. Heat wok and add oil, ginger and garlic. Stir fry for 1 minute. Reduce heat and add carrots, cooking them covered for 1 minute. Add scallions and sauce. Bring mixture to boil and serve immediately.

CURRIED BODI

Joyce Puckerin
Burlington

4 bundles of bodi
2 Tbsp cooking oil
2 onions, sliced
1 bunch chive
1 tsp sugar
1 Tbsp butter
1/4 cup cold water
4 cloves garlic, crushed
1 1/4 Tbsp curry powder
Salt and pepper, to taste
2 cups coconut milk
1/4 lb salt fish or 1 lb seasoned beef cut into small pieces

Clean by breaking 1 inch lengths and removing threads at sides. Heat oil and add crushed garlic. Remove garlic when brown. Add curry which has been soaked in water and saute for 3 minutes. Toss together for another 4 minutes then add coconut milk to cover mixture. Turn to medium heat and cook for 15 minutes or until beans are tender and very little moisture remains. Meat must be tender before adding seasonings or bodi. Serve as a main dish with meat or fish if used or as a side dish with rice.

ELLEN'S VEGETABLE STIR FRY

1 small bunch broccoli
2 medium carrots
1/2 green, 1/2 red sweet peppers
4 oz can whole mushrooms or 6 fresh
1 medium onion
3 cloves garlic
3 Tbsp canola oil
1/2 tsp sugar or honey
1/2 tsp salt
1/2 tsp cayenne powder, optional

Cut broccoli into 2 inch pieces, carrots, pepper and onion lengthwise into strips. Cut garlic finely and place each in separate container. In pot over high heat, cook carrots, onion and broccoli in oil, stirring constantly, about 2 to 3 minutes. Add garlic and peppers, stirring for another minute. Lastly, add salt, cayenne, sugar and mushrooms with their liquid. Cover and cook 3 to 4 minutes longer until vegetables are tender crisp, stirring occasionally. Serves about 6. Enjoy.

VEGETARIAN MEATBALLS

Gillian Roberts

1 cup pecans, chopped coarsely
2 cups fine bread crumbs
1/4 cup wheat germ
2 cups cottage cheese
2 eggs
1/2 cup onion, chopped fine
1/4 tsp garlic salt or substitute fresh garlic and salt
1/4 tsp powdered sage
2 tsp soy sauce
2 Tbsp margarine

Saute onions in margarine till tender and golden brown. Add all ingredients and mix thoroughly. Form into balls. Cover and refrigerate for 24 hours. Lightly coat in flour and fry until golden brown. Turn gently, not to break them.

Where there's a will there's a way
but it needn't always be your way!

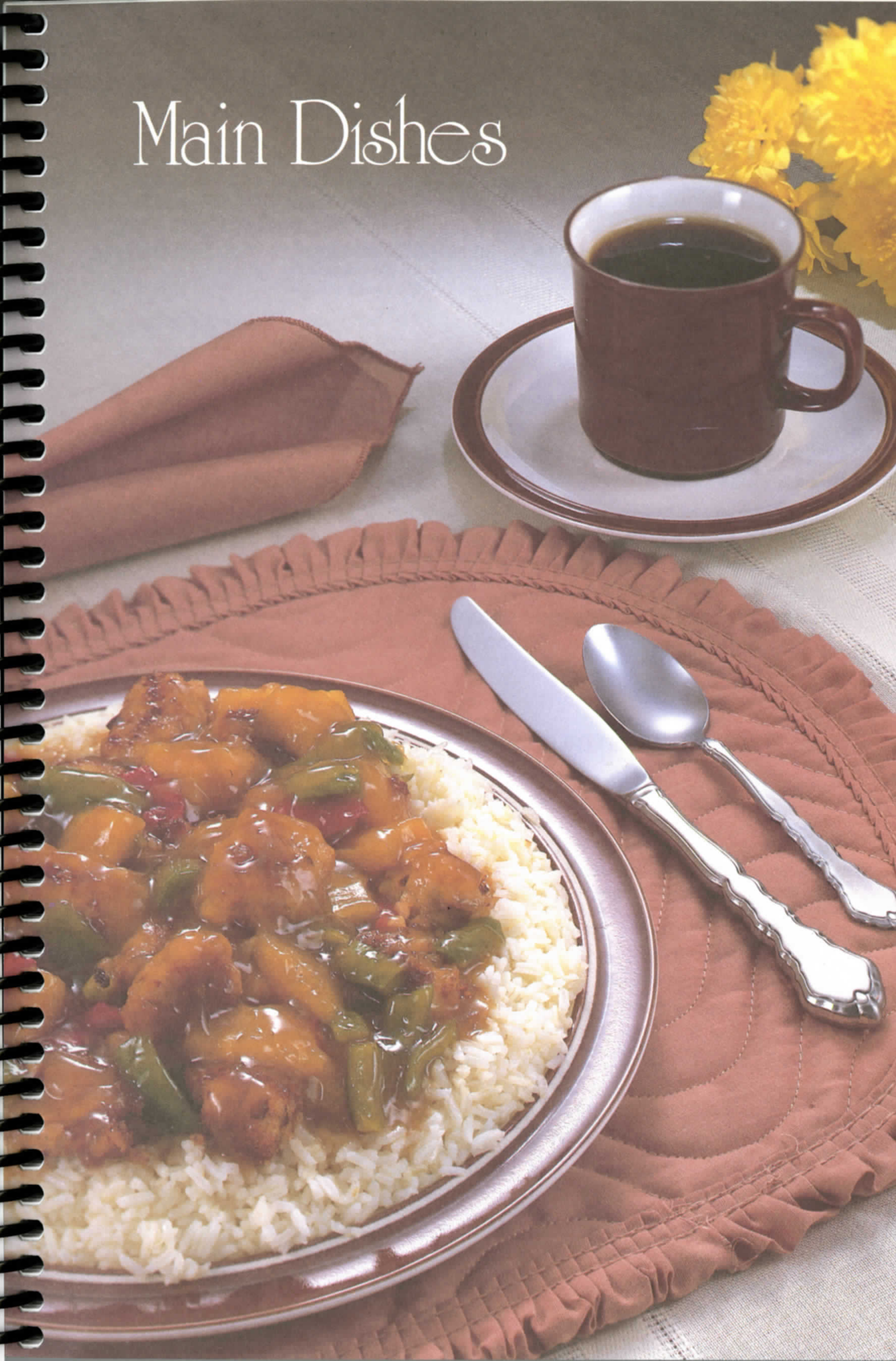
HERBED LENTILS

Val Jobity

4 cups water
1 small onion, chopped
1 stalk celery, halved and diced
1/2 tsp black pepper
1 cup dried lentils
1 tsp thyme
3 Tbsp red wine vinegar (optional)
1 1/2 mustard
1/2 tsp salt
2 Tbsp chopped fresh parsley
1 Tbsp chopped green onion
1/4 shredded carrots
1 tsp paprika
2 Tbsp vegetable oil

Combine water, onion, celery and thyme in a large saucepan and bring to a boil. Reduce heat, add lentils, and cover and cook for 25 minutes or until lentils are tender. In a small bowl, mix vinegar, water, mustard, salt and stir well. Add green onions, parsley, paprika and carrots to mixture in the small bowl. Gently mix with lentils. Yields 6 to 8 servings.

Main Dishes



TIMETABLE FOR ROASTING MEAT AND POULTRY AT 325 °F

— Roast uncovered with no liquid added.

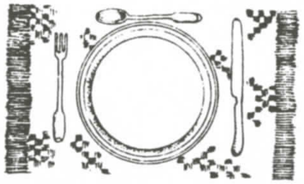
— Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs.)	Approximate Time Required to Roast (hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4-6	2-2½ (rare)	140°
		2½-3½ (medium)	150°
		2¾-4 (well done)	170°
Veal roasts	3-5	2-3½ (well done)	180°
Lamb roasts	3-5	2-3 (medium)	145°
		2¼-3¼ (well done)	170°
Pork loin roasts	4-6	2¼-3½ (well done)	180°
		3½-4 (well done)	185°
Ham, cook before eating	5-7	2½-3½	170°
Ham, fully cooked	2-7	1½-2	130°
Chicken broilers or fryers, stuffed	1½-2½	1-2*	185°
	2½-4½	2-3½	
Turkey roasters, stuffed	8-12	3½-4½*	185°
	12-16	4½-5½	
	16-20	5½-6½	
	20-24	6½-7	

*Poultry without stuffing may take less time.

COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° - 375°	30 - 60
Macaroni and Cheese	350° - 375°	25 - 45
Lasagne	350° - 375°	30 - 45
Meatloaf	350°	60 - 90
Meat Pie	400°	25 - 30
Casseroles	350° - 375°	25 - 40
Scalloped Potatoes	350°	50 - 60
Quiche	375° - 400°	35 - 45
Pizza	400° - 425°	20 - 30



MAIN DISHES

Dear God,

Grant me the Serenity to accept those things I cannot change.
The Courage to change those things I can,
And the Wisdom to know the difference.

BEEF STEW

Marie Ssemanda
Uganda

1 lb beef	**1 tsp salt**
1 onion, diced	**1 green pepper, diced**
1 tsp curry powder	**1 tsp paprika**
1 tomato, diced	**1 Tbsp vegetable oil**

Cut beef into 1 inch pieces. Marinate beef with curry powder, paprika and salt. Dice onion, tomato and green pepper. In deep pan, heat 1 Tbsp vegetable oil at medium. When oil gets hot, add onion, tomato and green pepper. Keep stirring. When all meat turns brown, add in 3/4 to 1 cup water. Cover pan and put it into preheated oven at 300°F. Cook for about 45 minutes to 1 hour. Serve with rice, potatoes, pasta or mashed green bananas.

BAKED STUFFED EGGPLANT

Esther Pindar

1 lb eggplant	**Salt**
1 chopped onion	**Pepper**
1 garlic clove, minced	**Hot pepper sauce**
2 Tbsp butter	**1 Tbsp green onions**
1/2 lb ground beef	**Bread crumbs**

Boil eggplant in skin until tender. Divide eggplant in half lengthwise. Carefully remove pulp; mash pulp until smooth. Retain skin. Saute onion and garlic in 1 Tbsp butter. Add beef, salt, pepper and hot pepper sauce; fry for about 5 minutes. Add eggplant pulp and green onions. Mix well. Return filling to skin. Sprinkle with bread crumbs and dot with butter. Place in a greased baking dish and bake at 350°F (180°C) until brown, about 30 minutes. Serves 6 to 8.

GINGERED PORK CHOPS

Heather Brown

4 pork chops
1 medium onion, sliced
3 cloves garlic
1 red or green pepper, sliced
1 cho cho or christophene, diced
1 Tbsp chopped ginger
2 Tbsp oil
1 cup vegetable stock or white wine
1 cup tomato juice
Salt and pepper, to taste

Wash pork chops. Put pork chops, vegetables and seasonings in baking pan. Marinate for 2 hours. Heat oil in frying pan (medium heat). Sear pork chops on both sides. Remove chops and place on plate. Saute vegetables and seasonings in pan. Put chops in baking pan. Place vegetables on top of chops. Pour vegetable stock and tomato juice over meat and vegetables. Bake in 350°F oven for 45 minutes. Serve on bed of rice or coo-coo.

GARLIC PORK

Sybil Horton

3 or 4 lb lean pork, with just a little fat
250 mL bottle vinegar
1/2 bottle mixed with water (to taste)
1/2 lb garlic
1 bunch thyme
6 to 8 wiri wiri peppers
1/4 lb salt

Cut up into suitable size pieces. Wash pork in solution of 1/4 amount of water and vinegar, using forks and not hands. Drain well. Pound garlic, peppers and thyme. Add salt and vinegar. Pour over pork. Make quite sure that it is covered. Leave to soak for about 3 to 4 days or longer if necessary. Fry in deep fat.

Trying to undo a bad remark is
like trying to unscramble an egg.

MAMMY'S STEWED LIVER

8 to 10 slices liver
2 medium onions
2 cloves garlic
1 head green onion (chive)
Thyme
l large tomato
1 Tbsp vegetable oil
Juice of 1 lemon or lime
Salt
Pepper sauce, to taste

Wash liver in 1/2 lemon or lime juice. Add salt and pepper and cut up seasonings. Let rest for 10 to 15 minutes. Heat oil in saucepan, put sugar to brown. Add liver, then other seasoning. Saute. Cook for approximately 5 minutes on medium heat, turning liver on the other side if necessary. Add approximately 1/2 cup water for gravy (if desired). Stir, bring to a boil and remove from heat.

Serve with split peas and rice, other rice mixtures or plain fried rice, as desired.

GARLIC STEAK & CHICKEN

Althea Wiltshire
Brooklyn, NY
Angel L. Perez

3 pieces boneless breast of chicken
2 large thin steaks
1 garlic clove
1 large onion
1 cup garlic
1/2 cup olive oil
Adobo or desired seasonings

This dish can be made with steak alone or chicken alone.

Wash steak and chicken very well under cool water and slice into strips and then cut strips, measuring 1 1/2 inches. Peel all garlic or to your desire and slice each piece. Peel and slice onions into wheels and cut in half. Season meat to your taste and add garlic. Toss meat so garlic is all over meat, then marinate with vinegar. In large skillet, pour olive oil so base is covered; add more if necessary. Add onions to oil and then spread meat evenly; pour rest of marinating liquid over meat and cover. Cook at medium heat and watch and toss meat as it cooks. Serve with rice and pour gravy over rice and meat if you desire.

Life is a picture. Paint it well.

SWEET AND SOUR PORK SUPREME

Joe Wiltshire
San Pablo, CA

1 1/2 lb lean pork
1 1/2 tsp salt
2 Tbsp sherry
1 egg
3 Tbsp oil
2 Tbsp flour
2 Tbsp sugar
2 Tbsp vinegar
2 Tbsp tomato catsup
1 tsp cornstarch
1 tsp Worcestershire sauce
1 tsp A-1 sauce
1 large sliced tomato
Parsley, for garnish

Cut pork in bite size square pieces; marinate with 1 tsp salt, 1 Tbsp sherry, 1 egg and 2 Tbsp flour. Mix well in saucepan 2 Tbsp vinegar, 2 Tbsp tomato catsup, 1 Tbsp sherry, 1/2 tsp salt, 1 tsp Worcestershire sauce, 1 tsp A-1 sauce, 1 tsp cornstarch and 3 Tbsp oil. Deep fry meat in hot oil until golden brown, remove and cool. Reheat oil and fry all pieces again for about 15 to 20 seconds; drain. While meat is draining, heat mixture in saucepan; bring to boil. Combine pork, mix well, then serve on platter with tomato and parsley.

HOT AND SPICY MEAT LOAF

Millie Bruno

1 1/2 lb lean ground beef
2 tsp dry mustard
1 onion, grated
1 egg, lightly beaten
2 tsp salt
1/4 tsp thyme
1/2 cup bread crumbs
1 celery stalk, chopped finely
2 cloves garlic
1/2 tsp black pepper
1/2 cup evaporated milk
2 tsp hot pepper sauce (or more)

Combine beef with seasonings, add pepper sauce and mix well. Add bread crumbs. In separate bowl, beat egg lightly and combine with milk. Add to beef mixture and mix well. Pour into well greased ovenproof dish and sprinkle with bread crumbs. Bake at 350°F for approximately 45 minutes. Serve hot. A fresh cucumber salad makes a tasty side dish. Enjoy!

When made twice, a mistake becomes a fault.

AN AUTHENTIC SCOTTISH SHEPHERD'S PIE

Moira Watson

1 pkg extra lean ground beef
1 large onion
1 egg
1 large carrot or 2 cups mixed vegetables
2 Tbsp Bisto
Dash of HP sauce
Dash of ketchup
Salt and pepper, to taste
6 to 8 potatoes, mashed with milk and margarine
Green chopped onions, if desired

Sauté chopped onion and carrot, if used. Add meat; brown. Add water to cook. Simmer for 5 minutes. Add Bisto; add sauces. Put in dish; cover with mixed vegetables, if using them. Cover meat with potatoes. Score with fork. Brush with beaten egg or milk. Cook at 350°F for 40 minutes.

CURRIED RABBIT

Val Jobity

1 rabbit
2 oz olive oil
1 chopped onion
3 Tbsp curry powder
Sage, to taste
Mint, to taste
1 Tbsp lemon juice
Salt and pepper
1/4 coconut cream (optional)
6 cloves chopped garlic

Wash, dry and cut up rabbit into medium size pieces. Marinate (or season) rabbit with salt, pepper, sage, mint, 2 Tbsp curry powder and lemon juice. Let sit overnight (or at least 6 hours). In a large skillet, heat olive oil and 1 Tbsp curry. Add chopped onion and garlic and saute for 3 minutes. Place rabbit in skillet, cover, and let simmer for 15 minutes. Add water, coconut cream, salt and pepper to taste. Cover for another 15 minutes. Reduce heat and let simmer until rabbit is juicy and tender. Serves 4 to 6 people.

Note: 1 oz raisins, 1 oz blanched almonds, 1 tsp shredded coconut and 1 cup chopped apple may be added.

ZESTY PORK CHOPS

Gillian R.

6 pork chops
2 Tbsp honey
1 tsp mustard
1 tsp grated garlic
1 tsp grated ginger
2 Tbsp lemon juice
1 tsp salt
1/2 tsp grated lemon rind
1/4 tsp black pepper
1 tsp fat (oil, butter or margarine)

Rinse pork chops off in water and vinegar solution. Combine with all other ingredients. Allow to marinate for 1/2 to 1 hour. Put on baking tray and rub fat over surface of chops. Bake in hot oven at 350°F for 1/2 hour.

CASSEROLES

JESUS HELP ME

Living Water Community

In every need let me come to you with
Humble trust, saying: Jesus, Help Me!!

In all my doubts, perplexities and
Temptations: Jesus, Help Me!!

In hours of loneliness, weariness and
Trials: Jesus, Help Me!!

In the failure of my plans and hopes,
In disappointments, troubles and sorrows: Jesus Help Me!!

When others fail me, and your grace
Alone can assist me: Jesus, Help Me!!

When I throw myself on your tender
Love as a Father and Savior: Jesus, Help Me!!

When my heart is cast down by failure,
At seeing no good come of my efforts: Jesus, Help Me!!

When I feel impatient, and my cross
Irritates me: Jesus, Help Me!!

When I am ill, and my head and hands
Cannot work, and I am lonely: Jesus, Help Me!!

Always, always, in spite of weakness, falls and
Shortcomings of every kind: Jesus, Help Me, and Never Forsake Me!!

ELLEN'S LENTIL LOAF

1 cup lentils, cooked
1/2 milk
1 cup chopped nuts, optional
1 onion, chopped
1/2 cup cooked rice
1 egg
2 tsp peanut butter
1/2 chopped celery
Salt, to taste

Mix all ingredients together, using just enough milk for roast consistency. Bake in greased loaf dish for approximately an hour in moderate oven.

TRINI STYLE COO COO WITH OKRAS

Heather Brown

6 cups hot water
6 okras
2 cups fine cornmeal
1 Tbsp salt

Put 2 cups salted water into medium sized pan. Cut up okras and put into water. Boil for 20 minutes until okras are soft. Whisk okras in water. Add cornmeal slowly while stirring. Continue to add remainder of water, stirring constantly, until meal forms smooth, soft mass. Grease medium sized bowl and put cornmeal into it. Cover with plate or fitted cover and shake. Mass forms a ball. Cut ball into slices.

CORN CASSEROLE

Gillian Roberts

1 can cream style corn
1/4 cup melted butter
2 eggs, beaten
3/4 cup yellow cornmeal
1 tsp salt
1 cup sour cream
1 cup diced cheddar cheese
1/3 cup chopped green pepper
1/3 cup chopped red pepper

Simply combine all ingredients in mixing bowl. Bake at 350°F till brown.

MIKE'S LASAGNE À LA MOM

1 lb lean ground beef
1 clove minced garlic
1 Tbsp parsley flakes
1 Tbsp basil
2 Tbsp chili flakes
1 tsp salt
2 cups canned tomatoes
2 cans (6 oz) tomato paste
3 cups cottage cheese
2 beaten eggs
1/2 tsp pepper
2 Tbsp parsley
1/2 grated Parmesan cheese
1 lb grated mozzarella
1 pkg oven ready lasagne noodles

Brown meat and remove fat. Add garlic, parsley flakes, basil, chili flakes, salt, tomatoes and tomato paste and simmer, uncovered for 30 minutes. Combine together cottage cheese, eggs, pepper, parsley and Parmesan cheese in bowl. In pan, layer as follows: noodles, cottage cheese mix, mozzarella and meat sauce and repeat. Bake at 375°F for 30 minutes.

PASTELLE CORN

Dr. Joanne C. Brice
New Jersey

500 g (approx 1 lb) Promasa cornmeal
1 1/2 pt warm water
1 beef bouillon cube, dissolved in warm water
1/4 lb margarine
2 Tbsp lard
1 tsp salt
10 to 20 (10 inch) squares aluminum foil
1/2 cup vegetable oil
Filling:
2 lb ground beef
1 lb ground pork
4 medium onions
5 cloves garlic, minced
4 Tbsp vinegar
1 can tomato paste
1/2 cup fresh parsley
1 small bottle capers
1 bottle Heinz 57 sauce
1/4 cup fresh Spanish thyme
1 cup green olives, chopped
6 pimentos
Hot sauce
Salt, sugar and black pepper, to taste

Pour cornmeal into large bowl. Melt margarine and lard and add to cornmeal. Pour all warm water with dissolved beef cube onto corn at once. Knead with hands right away until smooth and soft, but not sticky. Form into golf size balls. Cover with damp towel until ready for use.

Season ground beef and pork with salt, black pepper and minced garlic. Set aside. Chop onions, parsley, Spanish thyme and pimentos. Heat saucepan with 1 1/2 Tbsp oil; add seasoned meat and cook for about 15 minutes, turning frequently. Add chopped onions, parsley, thyme and pimentos. Bring to boil. Reduce heat, cover and simmer for additional 30 minutes, stirring frequently. Add entire can tomato paste and Heinz 57 sauce to taste. Add hot sauce to taste. Add raisins, capers, chopped olives and vinegar. Add salt/sugar/hot sauce to taste. Simmer for additional 10 to 15 minutes.

Lightly oil surfaces of two 10 inch squares of foil. Place 1 cornmeal ball in center of one square and cover with oiled surface of the other square. Roll until there is an even 2 mm thick sheet of cornmeal. Place 1 to 2 tsp meat mixture in center of cornmeal sheet and spread evenly. Fold over one edge of bottom sheet of foil so that edge of corn is folded over meat past the center; repeat process from the other side, then fold ends of corn over to completely cover meat filling, pressing down firmly to seal the edges of corn together. Fold the foil tightly around the pastelle to make a water tight package. Repeat till all cornmeal and meat sauce are used up. Boil foil wrapped pastelles for 30 minutes, then enjoy immediately or freeze for later consumption. Frozen pastelles should be boiled to thaw.

GREEN FIG POTATO PIE

Lynette Clarke
Trincity, Trinidad

5 green figs
3 medium potatoes
Salt
Black pepper
2 tsp pimento
2 stalks celery, diced
1 cup cheese
2 cups milk
1 cup tender green peas

Boil and wash green figs and potatoes. Season with salt, black pepper, pimento and celery. Add cheese and milk. Put 1/2 in baking dish. Add tender green peas, carrots, celery and pimento. Add remaining fig and potato mixture. Top with cheese. Bake for 45 minutes.

SAVORY DUMPLINGS IN COCONUT CREAM

Hollis Brown

Dough:
4 cups all-purpose flour
1 Tbsp salt
4 cups water
Gravy:
19 oz can coconut cream
Water
Filling:
2 lb lean ground beef
1 onion, finely chopped
3 cloves garlic, finely chopped
1 tsp thyme
1 tsp parsley
2 Tbsp tomato paste
1 Tbsp black pepper
1 Oxo cube
Salt, to taste

Filling: Brown meat in deep pan. Add seasonings to meat and stir. Continue to stir until meat and seasonings are cooked thoroughly. Dissolve Oxo cube in 1/2 cup water. Add to meat mixture and finish cooking. Strain meat mixture to remove fat.

Gravy: Add coconut cream and 2 cans water to pot; simmer on low heat for 15 minutes.

Dough: Knead flour, water and salt into soft dough. Let stand 1/2 hour. Cut dough into 6 portions. Form dough into balls. Let stand 15 minutes. Roll out dough into 6 inch circles.

Fill each circle with 1/2 cup meat mixture. Seal edge with spoon handle. Place filled dumplings into gravy. Cook until dumplings are firm, 45 minutes. Serve each dumpling with 1/2 cup gravy. It may be necessary to add extra water to extend gravy.

RICE AND CHANNA CASSEROLE

1 cup cooked rice
1/4 cup canola or olive oil
1 cup cooked channa
1/2 cup cooked barley
1 onion, chopped
2 Tbsp mixed seasoning
1 sprig celery
Salt, to taste

Fry onion in oil until golden brown. Add barley, channa, seasoning and a little water. Add rice and mix well. Pour into buttered baking dish and bake in moderate oven for about 45 minutes.

MACARONI PIE

Jennifer Wells

4 cups elbow macaroni
1/2 lb grated old cheddar cheese
2 cups milk
2 eggs
3 tsp butter

Place 1/2 of above cooked macaroni into buttered dish. Top with 1/2 of above cheese. Add second layer of macaroni. Top with cheese and butter. Mix 2 cups milk, 2 beaten eggs and salt to taste. Pour over macaroni mixture. Bake at 350°F for approx 1 hour.

PASTELLE PIE

Ynolde Greaves
St. Augustine, Trinidad

1 1/2 cups cornmeal
1 can cream style corn
1 1/2 cups milk
1 beaten egg
1/4 lb margarine
1 lb minced meat, cooked
Chives
Raisins
Spice

Mix all ingredients together. Bake at 350°F for about 40 minutes in greased dish, just enough for it to set. Serve hot.

Ideas are a lot like children - our own are wonderful!

VEGETABLE CHOP SUEY WITH NOODLES

Gloria Hamlet
Arouca, Trinidad

3 Tbsp shortening
1 cup sliced mushrooms
Chopped onion
Chopped celery
3 chicken bouillon
1 can peas and carrots
1 can corn
2 pods garlic
1 sweet pepper, chopped

Put shortening in pot to melt; add 2 garlic pods. Add ingredients and stir for about 2 minutes.

Boil noodles for about 5 minutes, twisted ones preferable. Drain noodles and add to vegetable mixture. Add about 2 Tbsp olive oil and mix.

PASTELLE CASSEROLE

Ann Gumbs-Oliveira
Diamond Vale, Trinidad

1 lb minced meat (pork)
1/2 Tbsp margarine/butter
1 tin cream style corn
2 large eggs
1 1/2 cups cornmeal
1 1/2 cups milk
Raisins
Seedless olives
Capers

Chop raisins, olives and capers. In saucepan, melt butter and add minced meat. Cook for 5 minutes and turn off. Add cream style corn, capers, olives and raisins.

In separate dish, beat eggs thoroughly. Add to mixture. Add milk and cornmeal. Empty contents into greased dish. Bake at 350°F to 400°F for 45 minutes.

A friend is someone who walks in
when the rest of the world walks out.

RICE

A FAMILY PRAYER

Living Water Community
Trinidad

Dear Father in Heaven,
I ask for Your touch;
Bless all my family,
We need you so much.
Grant us your wisdom
To choose what is right,
To walk in your pathways
Of truth and light.
Strengthen our family
With faith to hold fast,
To cherish and nurture
The treasures that last.
Teach us to love,
To forgive and to share,
In the realms of the Spirit,
To thrive and to dare.
But most of all, Lord,
When our journey is through
Bind us together,
Forever with You.

BBQ FRY RICE WITH MUSHROOMS

Joe Wiltshire
San Pablo, CA

1/2 lb barbecued pork
3 cups cooked rice (cooked the night before, use cold)
3 eggs, scrambled and diced
2 green onions, diced
6 Chinese mushrooms, soaked and sliced
5 Tbsp oil
4 Tbsp thin soy sauce
1/4 cup chicken broth
1 tsp salt

Heat wok and put in 2 Tbsp oil; stir-fry mushrooms for about 2 minutes. Add pork, stir-fry for 1 more minute and remove. Heat wok and add 3 Tbsp oil, put in rice, sprinkle salt and stir constantly until all rice is grainy. Add chicken broth; mix well. Add pork and mushrooms; mix. Add soy sauce; mix well. Add green onions. Serve while hot. Enjoy!

DOMINICA-STYLE FRIED RICE

Vida St. Lewis

4 to 6 fish steaks (kingfish, snapper, etc.)
1 large onion, sliced
1 Tbsp salt
1 Tbsp lemon/lime juice
1 clove garlic, grated
1/4 tsp white or black pepper
1/2 cup flour
1/2 cup canola oil

Wash fish thoroughly in cold water, then rub with lemon. To make marinade, combine 1/2 salt and lemon or lime juice with grated garlic. Season fish with salt and pepper; allow to marinate 2 to 3 hours. Combine remaining salt, pepper and garlic powder and add to remaining flour. Mix well; heat oil until smoking slightly. Coat fish in flour mixture, then fry each side until golden brown. Remove from pan and set aside.

Sauce: Saute 1 large onion with 2 Tbsp vinegar and 1/2 tsp hot pepper sauce in remaining oil for about 1 minute. Pour over fish. Garnish with sliced tomatoes and parsley.

BLACK COCONUT RICE

Althea Wiltshire
Brooklyn, NY

1 lb medium or large grain white rice
1/2 bag uncooked black goya beans
1/2 can coconut milk
1 medium size onion
1/2 clove garlic
1/4 cup olive oil
1/2 tsp salt

In large bowl, pour beans with 3 cups water and dash of salt. Let beans soak for 1 hour to soften. Take garlic and dice into fine pieces. Do same with onion. In medium to large pot, pour olive oil, garlic, onion and salt and let it cook in medium flame for about 5 minutes. Do not let brown. Pour in beans with water into pot and bring to boil so that beans absorb flavor of garlic, onions and olive oil. Once boiling, add coconut milk and again bring to boil. Once boiling, add rice and more salt to your desire. Level of water should be about 1/4 above rice. If not, add more water; if already over 1/4 above rice, then remove some water with large spoon until it's levelled at 1/4. Lower flame to low, cover and let cook for 15 minutes. After 15 minutes, turn rice with large cooking spoon from bottom to top all over so that bottom rice is on top and the top is on the bottom. Let cook until rice is done to your taste. If rice is still too hard, sprinkle some water all over rice, turn again and cook further. Makes 2 to 3 servings.

CALYPSO RICE

Gillian Roberts

8 oz rice
2 Tbsp olive oil
4 okras, chopped
1 small onion, chopped fine
2 Tbsp chopped celery
1/2 red sweet pepper, diced
1/2 green pepper, diced
2 cloves garlic, minced
1/4 tsp turmeric
2 Tbsp ketchup
1/4 tsp cayenne pepper
1/2 tsp salt
3 oz green peas
3 oz corn

Cook rice in boiling water until just cooked. Strain and allow to drain properly. In pot, heat oil and sauté vegetables and turmeric. Add rice, ketchup, cayenne pepper, corn and peas. Add salt to taste. Serve hot with meat or fish and salad. Serves 6.

ELLEN'S BLACK-EYED PEAS AND RICE

1 large coconut
2 lb rice
1 lb black-eyed peas
1 lb salt meat
1 whole chicken
Seasonings
1 green pepper
Cayenne powder, to taste

Season chicken with thyme, onions, salt, black pepper and chives and soak salt meat for 1 hour to reduce salt content. Grate coconut and place milk in small container. Boil black-eyed peas and, halfway through, add salt meat and a touch of seasonings. Make sure that peas are thoroughly cooked before removing it from pan. Heat pot and brown chicken, leaving it to cook for 1/2 hour to 45 minutes. Add peas, salt meat, rice and seasoning and mix before adding coconut milk. When ingredients are mixed together, add salt to taste and large green pepper. Mix all ingredients and cover with enough water to cook. Serves 6 or 7.

RICE CASSEROLE

Erma Callender

1 cup raw rice
1/2 cup grated cheese
1 small onion, diced
1 cup chopped tomatoes, fresh or canned
1/2 cup chopped sweet pepper
2 cups hot water
1 Tbsp chopped celery
1/4 cup canola or sunflower oil
Salt, to taste

Combine all ingredients in bowl. Place in greased baking dish and bake, covered, for about 1 hour at 375°F or until it is done.

OCHROES & RICE

Cathy's Kitchen

12 to 15 ochroes, sliced thinly
2 cups rice, washed
1 cup coconut milk
3 cups water
3 Tbsp vegetable oil
1 large onion, diced
1 tsp salt, if not using salted cod
1/2 tsp pepper
4 cloves garlic, crushed
Sprig of parsley, chopped finely
1/2 cup grated pumpkin
1 cup boneless salted cod, scalded and shredded (optional)

Heat oil. Add ochroes, pumpkin, onion, garlic, optional salted cod, parsley, salt and pepper. Saute. Reduce heat and cover pot. Continue cooking for 5 minutes. Add water and coconut milk and bring to boil. Add rice, stir and bring to boil. Reduce heat and cover pot. Cook slowly for 25 to 30 minutes or until rice grains burst. Serve on hot plate. Garnish with red pepper rings or avocado slices.

RICE COOKED IN AROMATIC BROTH

Nancy Di Gregorio
A Ugandia Specialty
Uganda

2 cups basmati or any other long grain rice
4 cups chicken stock
2 medium sized onions, peeled (cut 1 in half lengthwise and then cut crosswise into fine rings)
2 cloves garlic, peeled
1 cube fresh ginger, peeled
1 tsp black peppercorns
8 cardamon pods
1 tsp whole cumin seeds
2 tsp whole coriander seeds
1 tsp whole fennel seeds
2 bay leaves
1 tsp salt
4 tsp vegetable oil

Wash rice in several changes of water. Drain and put in bowl. Add about 5 cups water and leave to soak for 30 minutes. Drain rice and leave in strainer for 20 minutes. Put stock, whole onion, garlic, ginger, peppercorns, cardamon pods, cumin seeds, coriander seeds, cinnamon and bay leaves in pan and bring to simmer. Cover, lower heat and bring to simmer for 30 minutes. Strain, squeezing out as much liquid as possible. Heat oil in heavy based pan over medium flame. When hot, put in sliced onion. Stir and fry until onions brown. Add rice and salt. Stir and sauté rice gently without breaking any grains 2 to 3 minutes. Add flavoured stock and bring to boil. Cover tightly, turn heat to very low and cook for 25 minutes.

SCALLION RICE

Lynette Boissiere
Brooklyn, NY

- **1 cup rice**
- **2 cups water**
- **4 cups scallions (chives), finely chopped**
- **2 Tbsp melted butter**
- **2 Tbsp garlic**
- **2 Tbsp parsley flakes**
- **1 chicken bouillon cube**
- **1 packet onion soup**
- **Cayenne pepper, to taste**

Saute garlic in butter until brown. Add rice; mix together. Stir well. Add water. Bring to boil. Simmer. Add bouillon cube and onion soup mix. When rice is cooked, approximately 15 minutes, add finely chopped scallions and parsley flakes. Mix well. Cover and leave to completely cook. Garnish with more parsley flakes. Serve with favorite meat or fish dish.

WHITE KIDNEY BEANS & RICE, CREOLE STYLE

Beatrice C. McLean

- **2 cups parboiled rice, picked and washed**
- **1 tin white kidney beans, drained and rinsed**
- **2 Tbsp canola oil or low fat margarine**
- **1 large onion, peeled and diced**
- **1 large ripe tomato, washed and diced**
- **1 cup chopped celery**
- **3 cloves garlic, minced**
- **1 Tbsp ketchup**
- **1 tsp hot pepper sauce (or to taste)**
- **1 cube vegetable or chicken bouillon**
- **3 cups water or chicken stock**

Using medium size saucepan, saute chopped onions, celery and garlic until partly cooked. Add tomatoes, ketchup and hot sauce to onion and celery mixture; stir until cooked. Add 3 cups water or chicken stock to onion mixture, stir and taste for salt content. If more salt is needed, add bouillon and allow mixture to boil rapidly before adding rice. After rice is added, stir with fork to thoroughly mix ingredients together. Lower heat and allow to simmer. Add drained kidney beans before rice is fully cooked and stir mixture together lightly, using fork. Cover saucepan and allow to steam until rice is cooked. Grains must be tender when tested. Time Limit: 40 minutes, including preparation. Serve alone or as a side dish with fish, meat or stir fried vegetables.

Note: If chicken stock is used, omit bouillon. Vegetarians can omit chicken stock or bouillon from this recipe.

SPANISH RICE

Pat Lewis

- **2 cups rice**
- **3 carrots**
- **1/2 green, 1/2 red sweet pepper**
- **1 can corn**
- **Tomato ketchup**
- **Celery**
- **Chive**
- **Onion**
- **1 Tbsp oil**
- **Dash of salt, cayenne pepper, Accent (optional)**

Boil rice and put in fridge. Boil 2 carrots and dice. Cut other carrot in thin strips lengthwise. Cut peppers in strips. Chop chive and celery. Cut onion in pegs. Heat 1 Tbsp oil in skillet and fry onion slightly. Take out onion from heat. Put in carrot and sweet pepper. Mix in rice, corn and ketchup. Turn off heat. Add chive, celery and onion again. Flavour with salt and cayenne pepper if desired.

SPLIT PEAS AND RICE

David Wiltshire
Brooklyn, New York

- **1 cut up pigtail (or preferred salted meat)**
- **2 cups split peas**
- **2 cloves garlic**
- **1 or 2 blades of chive**
- **1 medium onion**
- **Thyme, to taste**
- **Parsley, to taste**
- **Tomato, to taste**
- **1/4 black pepper, cayenne pepper or small piece of green pepper**
- **2 cups rice**
- **2 Tbsp vegetable oil**
- **1/4 block creamed or 1/2 cup coconut milk (optional)**
- **Salt, to taste**

Cut off excess fat, wash then boil pigtails for approximately 15 minutes. Drain off water (to reduce salt). Wash peas and bring to a boil with pigtails and crushed garlic. Reduce heat to medium and continue boiling until peas are half cooked approximately 20 to 30 minutes. Peel, wash, cut up seasonings and add to boiling pot. Add 4 cups boiling water, rice and all other ingredients. Stir. Cook on low-medium heat until rice and peas are soft, but grainy, stirring pot occasionally. (Add or subtract a bit of water if necessary.) Serve with slices of avocado, watercress, green lettuce and a slice of tomato. Serves 3 to 4.

Serve alone with stewed meat, fish or with Mammy's Stewed Liver (see index).

TANTIE'S TASTY RICE

Joyce Puckerin

3 cups raw rice
1/3 lb bacon
2 onions (medium)
3 sweet peppers (chilies red & green)
2 medium sized carrots
1 hot green pepper (optional)
1 clove garlic
3 eggs
2 tomatoes (medium-ripe & firm)
1 cup shrimps
1 cup coarsely shredded cooked chicken
1 cup grated coconut (white)

Steam rice. Fry bacon. Remove some of the bacon. Saute onion and sweet pepper in the oil for 3 minutes until flavour develops (avoid change of color). Add rice and grated coconut. Blend well. Toss in carrots, add remaining bacon, cooked chicken and shrimps. Cover and steam for 5 minutes. Remove from heat and toss in chopped eggs. Pile into prepared Pyrex dish. Place a layer of sliced tomatoes over rice. Cover and bake for 15 minutes at 350°F. Garnish with sliced boiled eggs. Turn out on platter. Serve hot.

FISH & SEAFOOD

PSALM 121

I look to the mountains;
Where will my help come from?
My help will come from the Lord,
Who made heaven and earth.

He will not let you fall;
Your protector is always awake.

The Lord will protect you from all danger
He will keep you safe.
He will protect you as you come and go
Now and forever.

If the Lord does not build the house,
The work of the builder is useless.
If the Lord does not protect the city
It does no good for the sentries to stand guard.

GRILLED RED FISH

Rudolph Bruno
Montreal, PQ

1 each red, green, yellow bell peppers
6 (6 oz) red snapper fillets
1 garlic clove, minced
2 tsp minced ginger root
1/4 cup sherry
1/4 cup soy sauce
1 Tbsp Worcestershire sauce
1/2 tsp Chinese Five Spice
2 Tbsp brown sugar
1 tsp cornstarch
1 Tbsp cold water
2 Tbsp cooking oil
2 Tbsp oil
2 Tbsp butter
4 oz oyster mushrooms
8 oz peeled, deveined large shrimp

Place peppers on baking sheet and roast in preheated 400°F (200°C) oven until skins blister. Remove from oven, place in paper bag and allow to steam for 20 minutes. Remove from bag and peel away skin. Cut into quarters, remove seeds and slice quarters into julienne strips. Place snapper fillets into shallow pan. Blend garlic, ginger, sherry, soy, Worcestershire and Five Spice. Pour over fish and marinate for 30 minutes. Remove fish and pour marinade into small saucepan with brown sugar; heat to boil. Combine cornstarch with water and simmer until thick. Brush fillets with oil and grill over medium coals for 10 minutes, brushing frequently with sauce. While fish grills, heat oil and butter in large skillet; saute mushrooms and shrimp until shrimp are just cooked. Add peppers and continue to saute for 3 minutes. Brush fillets one final time and place on serving plates. Top with sauce and serve at once. Serves 6.

FRIED SALT FISH (Bulljow)

Joy Stewart

1/2 lb dried salt fish
2 Tbsp cooking oil
1 medium onion, sliced
1 green pepper, sliced
1/2 tsp black pepper
1/2 tsp curry powder, optional
2 garlic cloves, crushed
1 tsp hot pepper sauce
1 medium tomato, chopped

Salt fish should be soaked in water overnight. Change water at least twice. Alternatively, boil salt fish in water for 15 minutes at least twice to remove excess salt. Remove skin and bones and squeeze fish to remove excess water. Flake fish. Heat oil; saute onion, green pepper and crushed garlic. Add flaked fish and season with black pepper and curry powder. Fry at medium heat. Add tomatoes and fry until soft. Serve with Bakes (see index) or in a bun with chopped lettuce and cucumber.

Smoked herring (kippers) can be used instead of salt fish.

BAKED SNAPPER

Susan Pyle
New Orleans, USA

1 or 2 red fish, snapper
2 Tbsp margarine
8 oz bread crumbs
Mixture of Worcestershire sauce, Dijon mustard, tomato paste and 1 Tbsp butter, for basting
Seasonings:
2 Tbsp chopped onions
1 Tbsp chopped garlic
1 tsp chopped parsley
1 tsp chopped marjoram, optional
1 tsp chopped thyme
Salt, black pepper or cayenne pepper, to taste

Clean fish thoroughly, remove centre bone if desired and leave to set in lime or lemon juice for approx 15 minutes. Mix ingredients for stuffing (1 Tbsp margarine, crumbs and seasonings). Stuff fish and close with toothpicks. Lay on foil in baking pan with 1 cup boiling water. Baste with blend of Worcestershire sauce, mustard, butter and tomato paste. Bake in moderate oven for approx 1 hour. Serve hot. Enjoy.

CURRY SHRIMP

Pat Wiltshire-Pyle
Staten Island, NY
Ruth de Foe
Hamilton, ON

2 lb large or jumbo shrimp
1 lemon
1/4 cup cooking oil
1 large tomato
1 large onion
3/4 cup water
2 stalks scallions
1 Tbsp salt
1/2 tsp black pepper
1/4 tsp garlic powder
1/4 tsp paprika powder
1/4 tsp allspice
1/2 tsp hot pepper sauce
2 medium Irish potatoes
4 Tbsp curry powder

Clean and devein shrimp and wash with lemon. Season shrimp with all powdered ingredients. Chop tomato, scallions and onion (do not add to seasoned shrimp). Peel potatoes, cut into 3 inch parts and boil separately for 5 minutes; drain off excess water. Heat cooking oil on low flame and add curry powder; stir until dissolved. Add chopped tomato, onion, scallions, potatoes and 1/2 cup water and cook for 3 minutes over medium heat; stir while cooking. Add seasoned shrimp and remainder of water, cover and cook for 3 to 5 minutes. Serve with rice and vegetables.

FISH IN COCONUT SAUCE (Sangcoch)

Joy Stewart

For this recipe, smoked fish, smoked mackerel or salt fish can be used.

1 onion, sliced
1 Tbsp butter
1 christophene (cho-cho), peeled and sliced
1 lb salt fish or smoked fish
1 tsp curry powder
1 tsp black pepper
1 tsp paprika, optional
1 medium sweet pepper, chopped
1 coconut, shredded
3 cups water

Soak fish in water overnight to remove excess salt (or boil salt fish for 15 minutes at least twice). Place shredded coconut in bowl and add water. Let stand for 15 to 20 minutes. Pour coconut liquid in sieve to extract coconut milk. Place coconut milk aside and discard shredded coconut. Heat pan. Saute onion in butter; add curry powder, black pepper, paprika and sweet pepper. Add coconut milk and bring to gentle boil. Add christophene. Add fish and continue boiling gently for about 20 minutes or until fish is cooked. Serve warm on bed of plain white rice or with West Indian foods - dasheen, yams, green bananas. Garnish with parsley.

STEAMED FISH

Joe Wiltshire
San Pablo, CA

1 whole fresh fish (approx 2 to 3 lb)
1/3 cup fresh ginger
2 stalks green onion, cut 2 inches long and shredded
Seasonings:
2 Tbsp thin soy sauce
1 Tbsp dark soy sauce
2 tsp white pepper
1 tsp sesame oil
2 Tbsp oil

Clean fish well. Bring about 4 to 5 cups water to boil in wok with steamer. Place fish on platter, place on steamer, cover and steam for 15 minutes (medium heat). Drain off all water from platter. Put ginger, pepper and soy sauce on fish. Garnish with green onion. Mix oil; bring to boil. Pour boiling oil all over fish. Serve; enjoy!

A rumor is about as hard to unspread as butter.

BAKED "CREOLE KINGFISH"

Amah Harris
Toronto

6 steaks/slices kingfish
2 tsp thyme, only leaves
6 medium cloves garlic, cut thin
1 large onion, cut small
2 tsp vinegar, fruit or vegetable
1 large sweet red pepper, sliced thin
3 sticks dill
3 sweet potatoes, half boiled
2 large tomatoes
Oregano
2 lemons
4 limes
1/2 bunch parsley
1 bunch chives, cut fine (5 bulbs)
3 sticks celery, cut up
2 apples, small slices
Soy sauce
Pepper sauce, optional
Salt, optional

Place 6 steaks into container; puncture steaks with fork. Squeeze 1 lemon or 2 limes onto steaks; sprinkle thyme, 1/2 parsley, dash of oregano per steak, 1/2 chive, 1/2 onion and 3 cloves garlic onto steaks. Work that seasoning into steak. Sprinkle salt and favourite pepper sauce on each steak (optional). Place in fridge; stand for 3 hours.

Preheat oven to 350°F. Pour oil into baking pan; place in oven. In baking pan, place celery, sweet pepper, apple and dill into oil. Leave in oven for 3 minutes. Take steaks and seasoning out of container and place in baking pan, cover and let spring water. Squeeze balance of lemon onto fish and cover with balance of seasoning. Cover and allow to bake for 15 minutes. Periodically, baste fish with its water and seasoning; now cut up 2 tomatoes onto steaks. Spread butter/margarine onto them; use dash of soy sauce on each steak. Slice 3 half boiled potatoes around steaks, cover baking pan and allow to bake 15 minutes, basting fish frequently. Remove from oven and smile.

The secret of happiness is not to do
what you like, but to like what you do.

JOE'S FAVOURITE TRINIDAD FISH BROTH

Joe Wiltshire
San Pablo, CA

1 whole fish, cut up as desired
6 potatoes (3 sweet, 3 Irish or mix to taste)
6 green bananas
6 carrots
2 onions
4 cloves garlic
Salt, pepper
Lime (lemon) juice
Chive
Thyme
2 tomatoes
6 stalks celery

Clean fish carefully. Leave to set in lime or lemon juice for approx 15 minutes. Season to taste with onion, garlic, salt, pepper, lime or lemon juice, chive, thyme and tomatoes. Peel vegetables (potatoes, bananas, carrots) and cut in bite size pieces. Cut up celery, including leaves. Boil in enough water to cover for approx 15 to 20 minutes. Add fish and enough water to make desired broth. Cook for another 15 minutes. Serve hot. Enjoy.

ESCOVITCH FISH

Beverly Powell

2 lb fresh fish fillets or steaks (kingfish, yellowfin dolphin)
Juice of 2 limes
Dry jerk seasonings to taste
Vegetable oil
1 or 2 cucumbers or chochos, halved and cut into long strips
2 onions, thinly sliced
1 Tbsp whole Jamaican pimento berries (allspice berries)
1 cup apple cider vinegar
2 Tbsp hot pepper sauce
Salt, to taste

Clean and wash the fish, then rub with lime juice and set aside to dry. Sprinkle with the dry jerk seasoning on both sides. Heat oil in the frying pan until it smokes. Place the fish in the hot oil in a single layer; do not overlap. Reduce the heat and fry until the fish is brown on the underside, about 2 minutes. Turn and brown on the other side. When done, drain and arrange on a large platter. Place cucumbers, onions, allspice, vinegar and pepper sauce in a saucepan and bring to a boil. Add salt to taste. Simmer for 2 minutes, then remove from the heat. Pour the hot pickle over the fish. Let cool, then refrigerate to marinate. The fish may be left in the pickle to marinate for up to 3 days, or it may be served while the vegetables are still crisp. Serve hot or cold.

BARBADIAN STEAMED FLYING FISH

Sybil Austin

6 boned flying fish
2 limes or 1 small lemon
2 small onions, sliced
Salt and pepper, to taste
2 Tbsp seasoning mixture
1 tsp mustard
1 tsp vinegar
1 Tbsp flour
2 Tbsp butter
1 sliced tomato
1 cup water

Marinate the fish in a little salt and lime juice for 10-15 minutes. Drain and season the fish carefully with seasoning paste. Roll inwards from the tail end and arrange the rolled fish in a small frying pan with mustard, vinegar, flour, butter, tomato, sliced onions and water. Add salt and pepper to taste and simmer gently until fish is cooked. Serve with lime slices and fresh parsley. Goes well with Barbados Coo coo dish (see index).

BROWN SAUCE FOR FRIED FLYING FISH

Sybil Austin

1 medium onion, sliced
1 Tbsp butter or margarine
1 Tbsp flour
1/2 tsp salt
1 cup water or stock from vegetables
Pepper, to taste
1 Tbsp cassareep/gravy
Colouring
1 Tbsp tomato sauce (ketchup) or a few sliced tomatoes

Melt butter or margarine, add onion. Stir in flour and salt. Cook for 5 minutes, stirring all the time. Add water and other ingredients. Stir in colouring or cassareep last.

An excellent addition to Fried Flying Fish recipe (see index).

When faithfulness is most
difficult, it is most necessary.

FANTASTIC FISH LOAF

Andrea Henry
Next Generation

1/2 cup dry white wine or fish broth
1/4 tsp salt
2 lb white fish fillets
2 Tbsp butter or margarine
1/3 cup chopped onion
1 clove garlic, minced
1 small red pepper, thinly sliced
1/2 cup chopped celery
3 eggs, lightly beaten
2/3 cup bread crumbs
Pepper, to taste
Lemon slices, for garnish
Parsley, for garnish

Preheat oven to 350°F.

In medium skillet, combine wine and salt. Bring to a boil. Add fish; cover and cook on low heat for 5 minutes or until fish flakes. Remove fish and liquid to large bowl. Cool.

Melt butter; cook onion and garlic for 5 minutes or until tender. Add red pepper and celery. Cook 5 minutes longer. Add cooked vegetables to fish and mix well, breaking up fish into large pieces. Add eggs and bread crumbs; mix well. Press mixture into greased loaf pan. Bake for 45 minutes or until centre is firm. Cool about 10 minutes. Loosen edges with spatula. Turn onto serving dish. Garnish with lemon slices and parsley. Enjoy!

CURRIED CRAB AND DUMPLINS

Ann Leandre
Trinidad Style

Curried Crab:
3 live or frozen blue or brown crabs
2 green limes
3 Tbsp oil
1 tsp curry powder
1 large chopped onion
1/2 tsp garlic
Pinch of black pepper, to taste
Salt, to taste
Dumplins:
1 1/2 lbs flour
Water
Salt, to taste

Curried Crab:
Scrub crabs thoroughly with soap and a brush. Rinse well. Then wash crabs with green limes. Rinse. Cut crabs in half and allow heavy skillet to heat up for about 2 minutes. Pour oil into skillet. When hot add curry powder. Gently place crabs in and stir vigorously. Add onion, garlic, salt and pepper. Cook for 45 minutes. Serves 6.

Dumplins: Mix flour well with salt. Add water. Roll into balls. Let stand for 20 minutes. Then steam for 30 minutes. Serves 6.

FISH LOAF

Jenny Collins
Northants, England

1 breakfast cupful cooked white fish
1 breakfast cupful fresh bread crumbs
1 Tbsp anchovy essence
2 heaped tsp piccalilli
1 egg
Salt and pepper

Flake the fish and remove all the skin and bones. Mix the flakes of the piccalilli. Chop the vegetables of the piccalilli finely before adding to the mixture. Add the breadcrumbs, the seasoning and, lastly, the egg to bind it all together. Put onto a greased 1 pint basin, cover with greased paper and/or kitchen foil. Steam for 1 hour. Turn out and serve with parsley or tomato sauce. Serves 2 to 3.

POULTRY

Education is our passport to the future,
Tomorrow belongs to those who prepare for it today.

Malcolm X

ALTHEA'S CHICKEN JAMBALAYA

Althea Wiltshire
Brooklyn, New York

5 to 6 lb hen, cut into serving pieces
3 cups long grain rice, uncooked
1 cup cooking oil
3 cups onions, chopped fine
3 tsp salt
2 tsp granulated garlic
1/2 cup green onions, chopped
1/4 cup bell peppers, chopped
1/2 tsp black pepper
2 1/2 tsp Louisiana hot sauce

Fry chicken in cooking oil until dark brown. Remove cooking oil, leaving just enough cooking oil to cover bottom of pot. Add onions and cook with chicken until onions are dark brown. Add about 1/2 cup water and then put in bell peppers and green onions. Let simmer for about 10 minutes. Add about 5 cups water and remaining seasoning. Then bring water to rolling boil. Add rice and stir. Let rice and water boil until water thickens and turn rice over once. Do not stir as this will break up rice. Cover with tight fitting lid and let simmer on low fire for about 10 minutes. Turn one more time and let set for about 10 more minutes and then your jambalaya is ready to eat.

CHICKEN CURRY VINDALOO

Sybil Horton

1 onion, chopped
2 cloves garlic, minced
3 tsp vegetable oil
1/2 cup wine vinegar
Pinch of salt
2 tsp curry powder (or to taste)
1 1/2 cups fresh chicken, diced
1/2 tsp cayenne pepper (omit if milder flavour is desired)

Brown onion and garlic in oil. Add curry powder (optional cayenne pepper) and chicken and saute briefly until curry is fragrant and chicken is half cooked. Cover and simmer for 20 minutes. Cool. Transfer to covered bowl and refrigerate. Reheat to serve over hot, fluffy rice.

A cooling dish of sliced cucumber in yogurt complements this dish well. Serves 2.

BUFFALO CHICKEN WINGS

Michelle Rodney-Bartalos
Mississauga

3 lb chicken wings
1/2 cup butter or margarine
10 Tbsp hot pepper sauce
2 Tbsp fresh lemon juice
1 Tbsp honey

Wash wings using 1 Tbsp lemon juice in water. Split at each joint, cut off excess skin and fat and discard tips. Bake in 400°F oven for 25 minutes until crispy. Drain well. Melt butter; stir in hot sauce, lemon juice and honey. Dip wings in sauce. Serve with celery sticks and blue cheese dressing. Makes 6 to 8 servings.

CALYPSO CRUSTED CHICKEN

Gillian Roberts

8 chickens or chicken parts
1 1/2 cups bread crumbs
1/2 cup butter, melted
3 Tbsp Dijon mustard
1 tsp thyme
1 tsp oregano
1/2 tsp black pepper
1/2 tsp paprika
1/2 tsp salt
1 lemon

Rinse chicken off with lemon juice. Combine bread crumbs and herbs with salt and pepper. Mix melted butter with Dijon mustard. Coat chicken with butter and Dijon mustard. Roll in seasoned bread crumbs. Put on lightly greased tray and bake in hot oven at 350°F for 1/2 to 3/4 hour, depending on size of chicken pieces.

CHICKEN DISH

Jennifer Wells

4 chicken breasts, skinless
1 can mushroom soup
1/2 can water
1 box stuffing, mix according to directions

Pour soup and water over chicken and stuffing. Bake, covered, for 1 hour at 350°F. Take cover off and let brown for 12 to 15 minutes.

EASY SALSA CHICKEN

Vera Tavernier

Salsa is a combination of tomatoes, jalapeno peppers, onion, vinegar, garlic and a small amount of sugar. Mild, medium or hot can be purchased at the grocery store.

1 whole chicken, cut up
1 lemon
1 Tbsp black pepper
1 Tbsp garlic powder
1 pkg Knorr powdered chicken flavour bouillon
1 cup salsa

Wash chicken pieces with lemon. Squeeze small amount of lemon over chicken. Sprinkle black pepper, garlic powder and powdered bouillon. Toss. Add salsa and toss again. Place in covered baking dish and bake for 35 to 40 minutes at 350°F. Makes 6 to 8 servings. Serve with rice or potatoes.

FINGER LICKING WINGS

Gillian O'Brien
Toronto

2 lb chicken wings
1 cup honey
3 Tbsp soy sauce
3 Tbsp Worcestershire sauce
1 piece ginger, crushed and minced
3 cloves garlic, crushed
1 tsp cayenne powder, optional
2 Tbsp lemon juice

Wash and tip chicken wings. Pat dry and place in large mixing bowl. Whip honey, soya sauce, Worcestershire sauce, ginger, garlic, cayenne and lemon juice together. Pour over chicken. Marinate for 2 hours.

Place wings on broiling pan. Reserve marinade. Broil in preheated oven for 10 minutes. Turn wings over and brush with reserved marinade and broil for additional 10 minutes.

Or, preheat oven to 350°F. Cook wings for 15 minutes in marinade. Cook for another 30 to 45 minutes at 300°F.

Serves 4.

SWEET AND SOUR CHICKEN

1 doz pieces chicken
2 large onions, sliced thinly
2 cloves garlic, finely chopped
1/2 cup ketchup
2 Tbsp mustard
3/4 cup maple syrup
1/4 cup apple cider vinegar

Mix onion and garlic together and line large 13x9x2 inch greased dish with both. Layer chicken pieces on top of this. Cover with sauce made of ketchup, mustard, maple syrup and apple cider vinegar. Bake at 350°F for approx 1 hour.

GROUNDNUT STEW

Joy Warner

3 Tbsp oil
2 lb boneless chicken, cubed, rolled in flour
1/2 tsp nutmeg
1 Tbsp chili powder
2 onions, chopped
2 cloves garlic, minced
3/4 tomato paste
4 cups water
Hot pepper, if desired
1 tsp salt
3/4 cup peanut butter

In large, heavy pot, heat oil. Add chicken. While browning, add other ingredients. Mix peanut butter with 1 cup hot water and add to pot. Simmer, covered, over low heat until tender, approximately 45 to 60 minutes. If too liquid, add 2 to 3 Tbsp cornstarch mixed with a little cold water to pot and stir well. May add vegetables if desired or replace chicken with chickpeas for a vegetarian version.

TEXAS STYLE PORK CHOPS OR CHICKEN

Pearl Yip-Chuck

1 chopped onion
1 large chopped green pepper
2 chopped carrots
Pineapple bits, optional
Mushrooms, if chicken
Sauce:
1/4 cup ketchup
1/4 cup vinegar
1/4 cup brown sugar
1 cup water
Dash celery salt, Worcestershire sauce and soya sauce, if chicken
6 pork chops or 3 lb chicken

Put vegetables on meat. Mix sauce ingredients together and put over chicken or chops. Cook at 350°F, uncovered, 1 hour for chicken or 2 hours for pork. Thicken sauce while cooking with flour (optional).

SRI LANKAN CRAB CURRY

Rukshi Athulathmudali

4 medium sized crabs
30 dried chilies, ground
Pinch of ground saffron
1 Tbsp sliced red onion
4 cloves garlic, chopped
2 slices green ginger, chopped
1/4 tsp Fenugreek
2 Tbsp scraped coconut
1 tsp raw rice
2 inch piece of cinnamon
Juice of 1 1/2 limes
3 cups thick coconut milk
1/2 cup second extract of coconut milk

Break the crab into pieces and put them into a pot with the rest of the ingredients (except the thick milk, the ground coconut, the rice and the lime juice). Let boil until gravy is completely absorbed. Then add the thick milk mixed with the ground coconut, rice and lime juice. Let simmer slowly for about 10 minutes longer.

NANETTE'S CURRIED DUCK

Nanette Nurse Toyer
Woodbrook, Trinidad

1 duck, about 3 1/2 lb
Lime (lemon)
Vinegar
2 Tbsp vegetable oil
1/4 tsp geera
2 Tbsp amchar masala
3 Tbsp curry powder
1/2 cup mixed green seasonings
4 cloves garlic, crushed
1 large onion, chopped
2 Tbsp shadon beni, chopped
Salt, to taste
1/2 tsp ground black pepper or chopped hot pepper
1/2 cup wine

Cut duck into bite sized pieces and wash with lime juice, vinegar and water. Drain off excess water. Heat oil and fry geera until it begins to crackle and pop. Mix amchar and curry powder and add with a little crushed garlic to hot oil. Stir fry for 1 minute, then add 1 Tbsp water and keep stirring. Add all seasonings, wine and stir fry for another 1/2 minute.

Add duck pieces and stir fry until coated with curry mixture. Reduce heat and let duck cook in its own juices. Add 1/4 cup of hot water, if mixture begins to dry out. Cook until duck is tender. Serve with plain rice or roti.

Breads

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Quick Breads		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
Yeast Breads		
Plain loaves	375° - 400°	30 - 45
Plain rolls	375° - 400°	10 - 20
Sweet rolls	375°	20 - 30

CONVERSION OF PAN AND UTENSIL SIZES TO METRIC MEASUREMENTS

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L	20x10x7	8x4x3
	2 L	23x13x7	9x5x3
Round layer cake pan	1.2 L	20x4	8x1½
	1.5 L	23x4	9x1½
Pie Pan	750 mL	20x3	8x1¼
	1 L	23x3	9x1¼
Tube pan	2 L	20x7	8x3
	3 L	23x10	9x4
Spring form pan	2.5 L	23x6	9x3
	3 L	25x8	10x4
Baking dish	1 L		1 qt.
	1.5 L		1½ qt.
	2 L		2 qt.
	2.5 L		2½ qt.
	3 L		3 qt.
	4 L		4 qt.
Custard cup	200 mL		6 fl. oz.
Muffin pans	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1¼
	100 mL	7.5x3.5	3x1½
Mixing bowls	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

BREADS

PSALM 100

Sing to the Lord, all the world!
Worship the Lord with joy;
Come before him with happy songs!

Acknowledge that the Lord is God
He made us, and we belong to Him;
We are his people, we are his flock.

Enter the Temple gates with thanksgiving,
Go into its courts with praise.
Give thanks to him and praise him.

The Lord is good;
His love is eternal
And his faithfulness lasts forever.

BAKES

Joy Stewart

Recipe from Commonwealth of Dominica. Bakes are used as a substitute for bread. It is usually served with salt fish accra or fried salt fish.

For 10 Bakes:
2 cups flour
2 tsp baking powder
1 Tbsp butter
1/2 tsp salt
2 tsp sugar
2 eggs
1/2 cup milk
1/2 cup water
Oil for frying

Sift flour and baking powder; rub in butter, salt and sugar. Combine mixture with eggs, milk and enough water to make soft, pliable dough. Knead dough. Break off pieces of dough; roll into balls. Flatten into circles about 1/4 inch thick and 4 inches in diameter. Heat oil and fry bakes until golden brown on one side. Flip over to brown other side. Drain on paper towel. Serve warm.

MOIST CORN BREAD

John Y.C.

1 cup yellow cornmeal	**3/4 cup 1% milk**
2 tsp baking powder	**1/4 cup cooking oil**
1/2 tsp salt	**1 1/2 cups cream style corn**
1 egg or 2 egg whites	**1 Tbsp chili powder, optional**

Preheat oven to 350°F. In medium bowl, combine cornmeal, baking powder, salt and chili powder (if desired). Beat together egg, milk, oil and corn. Add to cornmeal mixture; stir until just blended. Pour into 8x8 inch baking pan that has been oiled. Bake about 40 minutes or until golden and toothpick inserted in centre comes out clean. Let stand for 10 minutes before cutting into squares.

COCONUT SWEET BREAD (Barbadian Style)

Norma Jordan

- **1 lb flour**
- **1/4 lb butter or margarine**
- **3/4 cup milk**
- **1/2 lb sugar**
- **1/2 tsp salt**
- **1/2 tsp powdered cinnamon**
- **1 tsp essence**
- **3 tsp baking powder**
- **1 small grated coconut**
- **1/4 lb raisins, optional**
- **1 egg**

Sift all dry ingredients. Add sugar, then beaten egg with milk, melted butter or margarine and essence. Stir in grated coconut and raisins. Blend ingredients well. Knead slightly on floured board or in bowl. Shape into loaves and put into greased loaf pan. Sprinkle top with sugar. Bake in moderate oven.

Note: For heavier coconut bread, use only 1 tsp baking powder and 1/2 cup milk. Knead well on board using extra flour until dough is very firm.

You can no more blame your circumstances for your character, than you can blame the mirror for your looks.

CORN BREAD

Marriette Bowen

3/4 cup cornmeal	**1/2 tsp salt**
1 cup flour	**1 cup milk**
1/3 cup sugar	**1 egg**
3 tsp baking powder	**3 Tbsp butter, melted**

Preheat oven to 425°F. Melt butter. Grease square baking pan, about 8 inches on each side, with butter or margarine. Break egg into small bowl and mix well. Sift cornmeal, flour, sugar, baking powder and salt into bowl. Add milk, egg and melted butter. Stir with spoon until everything is very well mixed. Pour into greased pan. Bake 20 minutes. Preparation Time: 20 minutes. Cooking Time: 20 minutes.

SWEET BREAD

Patricia Wiltshire Pyle
Staten Island, NY

6 cups baking flour	**1/8 tsp salt**
1 cup skim milk	**1/2 tsp cinnamon**
1 cup water	**1 Tbsp baking powder**
1 cup grated coconut	**1 tsp vanilla essence**
1 cup sugar	**1 lb margarine**
1 cup raisins	**1 1/2 packs Fleischmann's yeast**

Dissolve yeast as directed and leave to rise for 8 to 10 minutes. Dissolve margarine and milk on low heat. In mixing bowl, add 5 cups flour, cinnamon, sugar, salt, raisins and baking powder and mix well. Add coconut, vanilla essence, skim milk, margarine mix, water and yeast and mix. Knead all ingredients well, approximately 15 minutes, adding remaining cup of flour as needed. Let dough rise in warm area for 2 hours. When dough has doubled its size, do second kneading and place in 4 greased pans; leave to stand for approximately 15 minutes. Preheat oven to 365°F and bake for approximately 45 minutes.

Note: Some oven temperatures may vary.

Lightly baste top of bread with maple syrup and sprinkle with sugar. Place on baking rack to cool.

EASTER BUN

Winsome Samuels

4 cups brown sugar
2 Tbsp butter
6 cups flour
6 tsp baking powder
2 cups evaporated milk
4 tsp cinnamon, allspice, ginger, nutmeg, vanilla
4 eggs
6 to 8 cups mixed fruit
Gravy browning, to desired colour

In small pot on low heat, melt butter and sugar. Add milk. In separate bowl, beat eggs. In large bowl, mix all dry ingredients (flour, cinnamon, nutmeg, allspice, ginger). Blend sugar mixture with dry ingredients, including eggs, in large bowl; add gravy browning, vanilla and fruits. Place in 2 loaf pans. Bake at 325°F for approximately 90 minutes.

ROTI

Jacob Family

2 1/2 cups all-purpose flour
2 tsp baking powder
1 Tbsp butter
3/4 to 1 cup (approx) water
1 cup oil

Sift 2 cups flour; add baking powder and butter. Mix well. Add water; knead. Make soft, elastic, but not sticky dough. Cut into 6 pieces. Roll each piece of dough thinly on floured board. Apply oil to dough surface and sprinkle lightly with pinch of flour. Fold in half, then quarter. Roll up into ball. Let stand for 10 minutes. Roll out each piece thinly again and place on baking hot plate. Brush each side of dough with oil to prevent sticking. Turn frequently. Remove roti and clap with both hands until pliable. Fold and place on greaseproof paper. A clean towel may be used instead of bare hands for clapping. Serve hot with meat or vegetable curry.

Communication in the home is not improved by LOUD speakers.

COCONUT BAKE

Wilma Wiltshire
Pax Vale, Trinidad

3 cups flour
4 tsp baking powder
4 oz margarine or butter (1 stick)
2/3 cup shredded coconut, optional
1/3 cup granulated sugar
1/2 tsp salt
Warm water, for kneading

Sift dry ingredients together; add coconut. Rub in margarine/butter. Add water in small amounts and mix with fingers to make soft dough; let stand for 20 minutes. Knead lightly on floured surface. Shape into a ball and let stand for 10 minutes. Roll to about 3/4 to 1 inch thick. Bake at 350°F on greased sheet until light brown on both sides, approx 30 to 35 minutes; turn if necessary.

PINEAPPLE CHEESE BREAD

Gillian Roberts

2 cups flour
1/2 tsp baking soda
1 tsp baking powder
1/2 cup sugar
1/4 tsp salt
2 oz melted fat
1 egg
1 cup milk
1 cup shredded cheese (do not pack)
1/2 cup crushed pineapple

Sift flour, baking powder and baking soda into mixing bowl. Add sugar and salt. Combine melted fat, milk and egg. Beat lightly. Make well in middle of flour. Pour in milk mixture. Add pineapple and cheese; stir well until flour is mixed in. Pour into lined 9x3 inch loaf tin. Bake at 325°F for 1 hour.

ZUCCHINI BREAD

Althea Wiltshire
Brooklyn, NY

3 eggs
1 tsp baking soda
1/2 cup sugar
1/2 tsp baking powder
1 cup vegetable oil
3 tsp cinnamon
2 cups grated raw zucchini
1 tsp salt
3 tsp vanilla
3 cups flour
1 cup coarsely chopped nuts

Beat eggs until light and foamy. Add sugar, oil, zucchini and vanilla. Mix lightly but well. Combine flour, salt, baking soda, baking powder and cinnamon and add to egg zucchini mixture. Stir well until blended. Add nuts and pour into 2 greased pans. Bake at 350°F for 1 hour. Yield: 2 loaves.

HOT CROSS BUNS

Joan Wiltshire
Barataria, Trinidad

1 cup sugar
3 pkg instant yeast
1 tsp vanilla
2 cups milk
3 eggs
1/4 tsp ginger
8 to 9 cups flour
3/4 tsp salt
1 1/2 tsp cinnamon
3/4 cups mixed peel (optional)
3/4 cup margarine
1/2 tsp nutmeg
3/4 cup raisins, cut up
Icing:
3/4 cup icing sugar
1/4 tsp vanilla
2 Tbsp milk

In a large bowl, combine sugar, salt, yeast, spices and 2 cups flour. Slowly heat milk and butter until lukewarm. Gradually add liquid into dry ingredients. Beat in eggs and 2 more cups of flour. Stir in raisins and about 4 1/2 cups of flour to make a soft dough. Let rise until double. Punch down and divide into pieces. Shape into balls. Place in greased pan, cover and let rise again. Place in 350°F oven for 15 to 18 minutes. Decorate with icing.

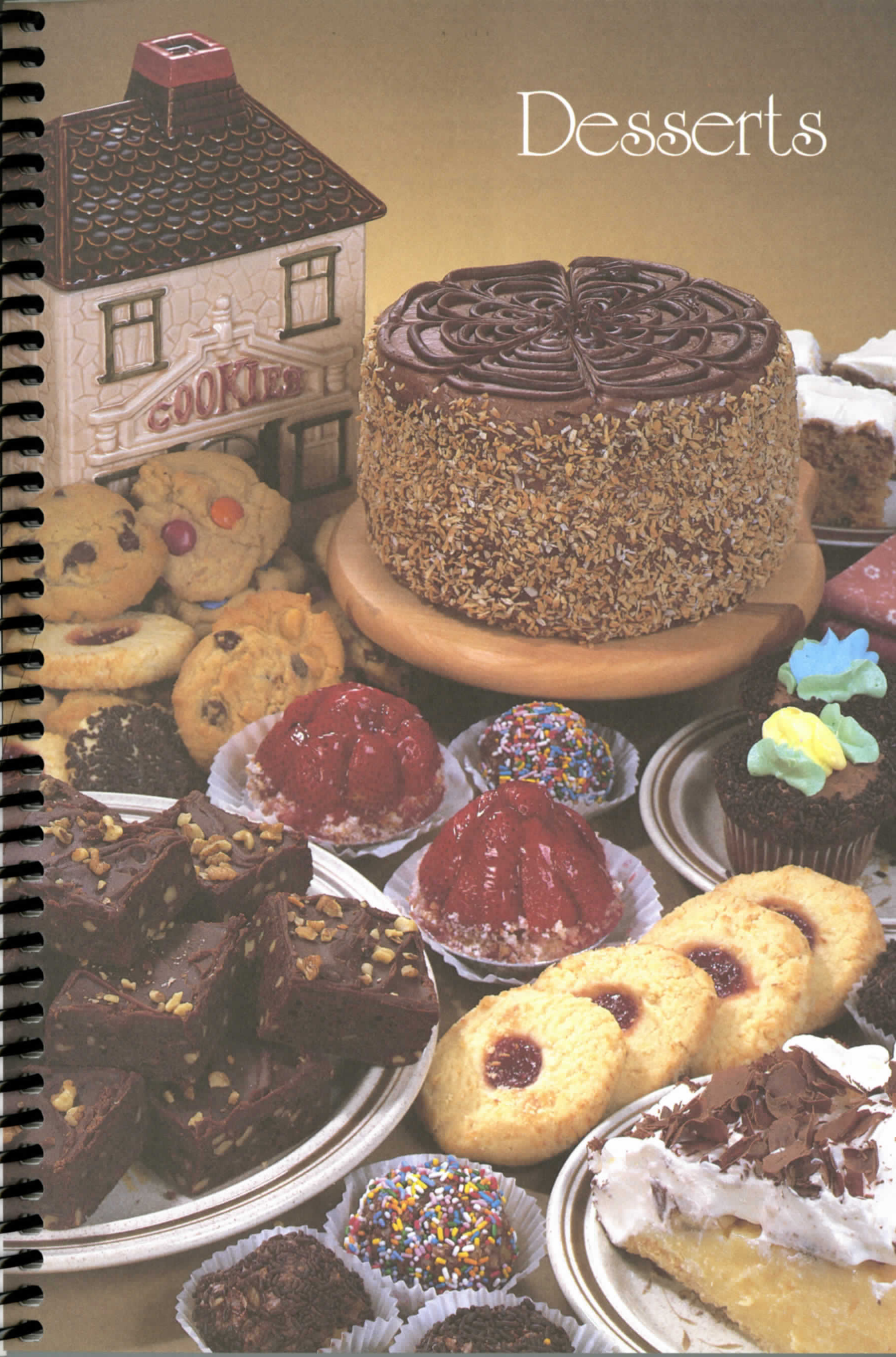
MERV'S GARLIC BREAD

Mervin Toyer
Woodbrook, Trinidad

1 head of garlic
1 pkg yeast
1/2 cup warm water
1 cup hot (warm) milk
1 cup warm water
2 Tbsp sugar
1 tsp salt
3 Tbsp margarine
2 cups whole wheat flour
4 cups white flour

Combine yeast, warm water and sugar and let stand for 15 minutes. Peel garlic, cut up and puree with water in a blender. Combine garlic mixture, milk, 2 Tbsp sugar, salt and margarine. Add yeast mixture. Add 2 cups flour and beat well. Add remainder of flour to make a soft dough. Turn out on to a lightly floured surface and knead until smooth and satiny (8 to 10 minutes). Place dough in a lightly greased bowl turning once to grease the surface of the dough. Cover and let rise to double in size. Punch down and place on surface and cut dough in 2 or 3 pieces. Shape into loaves and place in greased loaf tins. Let rise until doubled and bake in a hot oven (400°F) for 35 to 40 minutes. If browning too fast, cover top of loaves with foil.

Desserts



BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Cakes		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 -300
Angel	375°	30 - 45
Sponge	350°	30 - 45
Cookies		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60 then turn off oven and cool
Rolled	350 - 375°	8 - 12
Squares	350 - 375°	20 - 35
Desserts		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
Pastry		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling in preheated shell	350° (or)425°	12 - 15 4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

INGREDIENT SUBSTITUTIONS

1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 tbsp.
= 1¼ cups sifted cake and pastry flour
1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1½ tsp. baking powder and ½ tsp. salt
1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
1 tbsp. **cornstarch** (for thickening) = 2 tbsp. flour
= 2 tsp. quick cooking tapioca
1 tsp. **baking powder** = ¼ tsp. baking soda plus ¾ tsp. cream of tartar
1 tsp. **double-acting baking powder** = 1½ tsp. phosphate baking powder or 2 tsp. tartrate baking powder
1 cup **butter** = 1 cup margarine (hard or brick-type)
= 1 cup shortening
1 cup **liquid honey** = 1¼ cups sugar plus ¼ cup liquid
1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
1 cup **buttermilk** or **sour milk** = 1 tbsp. lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)
1 cup **buttermilk** = 1 cup plain yogurt
1 cup **sour cream** = 1 cup plain yogurt
1 cup **milk** = ½ cup evaporated milk plus ½ cup water
1 cup **skim milk** = 3 tbsp. skim milk powder plus 1 cup water
1 cup **cream** = ¾ cup milk plus ¼ cup butter
1 ounce **chocolate** (1 square) = 3 tbsp. cocoa plus 1 tbsp. butter or shortening
1 package **active dry yeast** = 1 tbsp. active dry yeast
1 **whole egg** = 2 egg yolks
1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 tbsp. vinegar
1 clove **garlic** = ⅛ tsp. garlic powder
1 tsp. **dry mustard** = 1 tbsp. prepared mustard
1 small **onion** = 1 tbsp. dehydrated, minced onion
1 tbsp. **fresh herbs** (eg) parsley, oregano = 1 tsp. dried
Juice of 1 **lemon** = 3 to 4 tbsp. bottled lemon juice

DESSERTS

What you are is God's gift to you.
What you make of yourself is your gift to God.

APPLE CRISP

Marriette Bowen

- **5 cups tart apples, peeled and sliced**
- **2 Tbsp lemon juice or orange liqueur**
- **3 cups rolled oats (place oats in Cuisinart and grind)**
- **3/4 cup brown sugar**
- **1 tsp cinnamon**
- **1/2 tsp nutmeg**
- **1/2 tsp ginger**
- **1/2 cup butter, melted**
- **1/2 cup sliced almonds, optional**

In greased pie plate, place apples and toss with lemon juice or liqueur. Combine sugar, oats, cinnamon, nutmeg and ginger in bowl, add melted butter and mix until crumbly. Spoon mixture over apples. Arrange sliced almonds on top. Bake in preheated oven for 30 minutes at 350°F and serve hot with vanilla ice cream or frozen yogurt.

CRUNCH

Dorothy Yeates
Diego Martin, Trinidad

- **1 grated coconut**
- **1 tin condensed milk**
- **2 cups sugar**

Put all ingredients in pot. Cook on medium heat and stir contents of pot continuously for 30 minutes. When substance starts to leave bottom of pot, pour it into greased, shallow dish and spread it out evenly. Score it in cubes after 6 to 10 minutes. Score again and leave to set until it is nearly cooled. Enjoy.

An alarm clock is a mechanism used
to scare the daylights into you.

HUMMINGBIRD CAKE

Joanne C. Brice, M.D.
New Jersey

3 cups flour
1 tsp salt
1 tsp cinnamon
2 cups sugar
1 tsp baking soda
1 1/2 tsp vanilla essence
1 1/2 cups oil
8 oz can crushed pineapple, undrained
1 cup chopped pecans
3 eggs, beaten
2 cups chopped ripe bananas

Filling:
8 oz pkg cream cheese, softened
1/2 cup butter, softened
1 box powdered sugar
2 tsp vanilla essence

Frosting:
8 oz can crushed pineapple, well drained
1 pkg dry instant vanilla pudding
8 oz tub Cool Whip whipped cream

Blend ingredients for frosting well and refrigerate for at least 1/2 hour. Grease and lightly flour three 9 inch aluminum cake pans. Preheat oven to 350°F. Combine dry ingredients in large bowl. Add eggs and oil, stirring constantly. Do not beat. Stir in vanilla, pineapple, bananas and pecans. Spoon batter into cake pans. Bake for 25 to 30 minutes until sides spring back from sides of pan and toothpick inserted in centre of cake is dry. Place on cooling racks until completely.

DROPS

Erma Callender

16 oz all-purpose flour
1 tsp baking powder
2 Tbsp butter
1/2 cup sugar
1 tsp vanilla essence
1/2 tsp powdered spice and/or grated nutmeg
1 cup milk
1/2 cup coconut cream, optional
1/4 cup currants or raisins

In large bowl, mix flour, baking powder and butter with 2 knives until mixture is flaky. Make hole in flour mixture and add other ingredients. Continue to mix with wooden spoon or clean hands, keeping batter as soft as possible. Drop batter by spoonfuls into greased cookie sheet. Bake for about 15 to 20 minutes at 300°F. Serve as afternoon snack with tea or coffee.

Note: This recipe was given to me by my friend Barbara Braithwaite of Mississauga whose mother used to make this snack when she was growing up in Grenada.

BUTTER COOKIES

Suzanne Chuck

2 1/4 cups all-purpose flour
1/2 tsp salt
1 1/4 cups butter, softened
1 cup icing sugar
2 tsp vanilla
1 cup ground almonds

Stir together flour and salt. Cream butter; gradually beat in sugar and vanilla. Add dry ingredients to creamed mixture, part at a time. Stir 1 cup ground almonds into dough. Form into 1 inch balls. Shape into crescents. Place on ungreased baking sheets. Bake 1 dozen at a time in 160°C (325°F) oven 12 to 15 minutes.

COCONUT DROPS (Tablet)

Bernadette Williams

2 coconuts, grated
1 lb brown sugar or white sugar
1 tsp nutmeg
2 bay leaves
1 small piece ginger, crushed

Place grated coconut in enough water to slightly cover coconut and bring to boil. Add nutmeg and bay leaves. Boil until most of liquid is evaporated. Add sugar and stir to combine sugar with coconut. Continue boiling until mixture gets to sticky consistency of syrup. Mixture should hold together. Place wax paper (or put a little oil) on cookie sheet or counter top. Drop large spoonfuls of mixture and let cool. To freeze, wrap individual drops in cling film, place in freezer bags and freeze.

BREADFRUIT PIE (Grenada)

Clare Noel and Family

2 cups breadfruit, cooked and sieved
1/2 tsp nutmeg
1/2 tsp ground ginger
1/2 cup cream
1 cup sugar
1/2 tsp salt
2 to 3 eggs
1 cup milk

Boil breadfruit and sieve or mash. Separate yolks from whites of eggs. Mix breadfruit with other ingredients, except egg whites. Whisk egg whites stiffly and fold lightly into mixture. Pour into greased pie dish which may be lined with uncooked pastry if desired. Bake in moderate oven until risen and golden brown. If pastry is used, have oven hot for first 15 minutes.

SWEET POTATO PONE

Joyce Anderson
Brooklyn, NY

4 cups grated sweet potatoes
1 tsp preserved ginger
4 Tbsp sugar
2 Tbsp shortening
1 Tbsp molasses
1 tsp ground cinnamon
1 grated medium coconut
1/2 tsp cloves
1/4 cup candied peel

Preheat oven to 350°F. Chop preserved ginger and peel. Mix all ingredients together with softened shortening. Pour into greased dish and bake until knife comes out clean.

POUND CAKE

Cynthia Bruno
Brossard, Montreal, Quebec

1 cup butter
2 cups sugar
4 eggs
3 cups sifted cake flour
2 1/2 tsp baking powder
1 tsp salt
1 tsp vanilla
1 cup milk
1 tsp almond extract

In bowl, cream butter thoroughly. Gradually beat in sugar until light and fluffy. Add eggs, 1 at a time, beating well after each addition, about 3 minutes. Add combined and sifted dry ingredients alternately with milk. Blend in vanilla and almond extract. Pour batter into well greased and floured tube pan. Bake in moderate 350°F oven until golden brown, approx 1 hour.

Note: Raisins could be added to mix, if desired. If doing so, raisins should be floured before adding to prevent them from sinking to bottom.

What we put into the thought stream of our
children will appear in the life stream of tomorrow.

CREAMY MANGO CHEESECAKE

Marriette Bowen

1 1/4 cups oats
3 Tbsp sunflower margarine
2 Tbsp honey
1 large ripe mango, chopped
1 1/4 cups low fat cream cheese
1 2/3 cups natural yogurt
1 small lime, finely grated
3 Tbsp apple juice
4 tsp powdered gelatine
Mango puree and fresh mango slices, to decorate

Preheat oven to 400°F. Mix together oats, margarine and honey. Press mixture into 8 inch springform pan. Bake 12 to 15 minutes until lightly browned. Cool. In food processor, place chopped mango, cheese, yogurt and lime rind and process until smooth. Boil apple juice and dissolve gelatine, then add to cheese mixture. Pour cheese mixture into pan and chill until set. To serve, turn cake out on serving plate and decorate with mango puree and slices of mango.

BLUE DRAWERS

Nina Turner

2 1/2 lb cornmeal
1 lb brown sugar
1/2 lb raisins
1 nutmeg, grated
2 cups coconut milk
1 tsp vanilla

Combine all ingredients. Add water if necessary so mixture is moist. Drop small amount on greased paper, make parcels and tie. (Cord or thread may be used.) Put in boiling water and boil for approximately 2 hours.

EASTER BUN

Carlene Brown
Winsome Samuels

6 cups flour
6 tsp baking powder
1 1/2 tsp cinnamon
1 1/2 tsp nutmeg
3 eggs
2 cups 2% milk
1 1/2 tsp vanilla
6 oz margarine
2 1/2 to 3 cups brown sugar
1 cup raisins, optional
1/2 cup cherries, optional
1/2 cup mixed peel fruit
2 Tbsp browning

Sift flour, baking powder, cinnamon and nutmeg. Beat eggs, milk, vanilla, sugar and browning. Add melted butter to milk mixture. Gradually add flour. Grease tins. Bake at 300°F until done. Makes 3 regular loaves.

Helpful Hint: Add a capful of rose water to eggs and beat before adding to ingredients.

DELICIOUS CARIBBEAN BARS

Millie Bruno

Bottom Layer:
1/2 cup (125 mL) butter or hard margarine, softened
1/4 cup (60 mL) granulated sugar
1 1/4 cups (300 mL) all-purpose flour
Second Layer:
2 large eggs
1 cup (250 mL) brown sugar, packed
1/2 cup (125 mL) crushed pineapple, drained (reserve juice for icing)
1 cup (250 mL) medium coconut
1/3 cup (75 mL) chopped candied cherries
1 tsp (5 mL) rum flavoring
2 Tbsp (30 mL) all-purpose flour
1/2 tsp (2 mL) baking powder
Icing:
1 1/2 cups (375 mL) icing (confectioners') sugar
3 Tbsp (50 ml) butter or hard margarine, softened
1/2 tsp (2 mL) rum flavoring
1 1/2 Tbsp (25 mL) reserved pineapple juice

Bottom Layer: Crumble butter, sugar and flour together well. Pack in ungreased 9x9 inch (22x22 cm) pan. Bake in 350°F (175°C) oven for 15 minutes.

Second Layer: Beat eggs slightly. Stir in remaining ingredients. Spread over bottom layer. Bake in 350°F (175°C) oven for 25 to 30 minutes until set and medium brown color. Cool.

Icing: Combine all 4 ingredients in bowl. Beat, adding more juice if icing is too stiff. Spread over bars. Allow to set before cutting.

Cuts into 36 squares.

SOUR CREAM WALNUT CAKE

Althea Wiltshire
Brooklyn, NY

1/2 lb butter or margarine
2 cups sugar
4 eggs
1 tsp vanilla
1 pt sour cream
2 tsp baking soda
1 1/2 tsp cinnamon
3 1/2 cups flour
3 tsp baking powder
1 cup walnuts

Cream and beat butter, sugar, eggs and vanilla. Mix together sour cream, baking soda and cinnamon. Sift flour and baking powder. Add alternately creamed mixture with sour cream mixture. Finely chop walnuts; mix into batter. Pour batter into 10 inch pan. Bake in 350°F oven for 50 minutes to 1 hour. Test with toothpick for doneness. It is simply delicious.

PINE TART (Guyana)

Avril Bouyea

1 1/2 lb flour
12 oz margarine
1 egg

Filling:
8 oz sugar
4 cups crushed pineapple
1 tsp cinnamon essence

Filling: You can buy pineapple or get crushed pineapple and use sugar and cinnamon to make your own.

Regular Pastry Crust: Roll pastry flat and cut with saucer or large mouth cup/bowl to cut a circle. Put approx 1 Tbsp jam in centre and fold over or wrap.

Use egg to baste tart and place in oven to cook for 7 to 10 minutes at 350°F.

SWEET POTATO PUDDING

Carlene Brown

2 to 2 1/2 cups grated sweet potato
1 cup brown sugar
3 Tbsp flour
1 coconut
1 tsp nutmeg or mixed spice
1 tsp vanilla
1/2 tsp salt
1/2 tsp ginger
1 Tbsp butter

Grate sweet potato. Blend coconut with warm water and juice to make 3 cups coconut milk; add to grated potato. Add all other ingredients, except butter. Pour into well greased tin. Dab with butter. Bake at 350°F for 1 to 2 hours.

Note: Knife should be clean when inserted to test to see if properly baked.

My kids' favourite.

All the fine compliments, all the good wishes,
will never replace, help with the dishes.

MANGO CHEESECAKE

Venetta Pacquette

4 (250 g) pkg cream cheese
1 cup sugar
1 tsp vanilla
4 eggs, beaten
Pulp from 2 mangoes, drained and crushed
3 Tbsp graham cracker crumbs

Mix cream cheese, sugar and vanilla with mixer at medium speed until well blended. Add eggs and mango; mix until blended. Pour into wax paper lined 8 inch springform baking pan and sprinkle with graham crackers. Bake at 350°F for 40 minutes or until centre is set. Cool. Refrigerate overnight. Serve garnished with mango slices. Pour Ginger Caramel Sauce (see index) over fruit.

QUICK APPLE CAKE

Venetta Pacquette

1/2 cup butter or margarine, melted
1 egg, lightly beaten
1/3 cup firmly packed brown sugar
1 tsp vanilla extract
1 cup all-purpose flour
1 tsp baking powder
1/2 tsp grated gingerroot
Pinch of salt
2 cups peeled, chopped apples
Confectioners' sugar, for garnish

Preheat oven to 350°F. Lightly grease 8 inch square baking pan; set aside. In large mixing bowl, blend together butter, egg, sugar and vanilla. In small bowl, combine flour, baking powder, gingerroot and salt; add to butter sugar mixture. Stir until blended. Stir in apples. Bake 40 to 45 minutes until golden brown. Dust confectioners' sugar on top.

Granny Smith apples or any baking apples are good for this cake.

There is nothing wrong with the younger generation that twenty years won't cure.

BOURBON PECAN CAKE

Ona Allen (elder)

1 cup bourbon
1 cup butter
2 cups sugar
6 eggs
3 1/2 cups sifted all-purpose flour
2 tsp baking powder
1 tsp salt
1 lb coarsely chopped pecans

Soak raisins in bourbon overnight. Cream butter and sugar. Gradually add eggs, 1 at a time; beat well after each addition. Sift dry ingredients; add to creamed mixture. Add raisins and pecans. Mix well. Pour batter in greased, floured cake pan. Bake at 325°F for approx 1 1/2 hours till cake is done. Cool on rack. When cooled, wrap in bourbon soaked towel. Place in airtight pan.

CASSAVA PONE

Gloria Hinds
London, England
Gillian Roberts, Wilma Wiltshire

3 lb cassava, without skin
1 large coconut
1/2 lb margarine, soft
1 cup flour
1/2 lb raisins
2 cups sugar
2 1/2 cups water
3 tsp vanilla essence or mixed essence
2 oz grated ginger
1 tsp cinnamon, ground

Grate cassava and coconut in large mixing bowl. Combine all other ingredients into bowl and mix thoroughly. Pour into baking dish and bake for 1 hour or until brown. Baking dish must be greased properly.

You've reached middle age when all you exercise is caution.

DARK SUGARLESS FRUITCAKE

Althea Hall

1 lb raisins
1 lb mixed chopped fruits
1 lb prunes
1 lb currants
1/2 lb cherries
1/2 lb dates
1 bottle sherry, red sweet wine or rum, of your choice
1 lb unsalted butter
8 eggs
3 cups flour
3 tsp baking powder
1 cup molasses
1 tsp cinnamon
Mixed essence

Grind fruit and leave to soak in wine overnight or longer (the longer the better). Cream butter and eggs until creamy. Mix in fruit and molasses. Add cinnamon and essence. Mix in flour and baking powder. Pour in greased tins. Preheat oven at 300°F, then bake at 250°F for 2 hours or until done.

Note: Never open oven until cake is done as this will cause cake to fall.

Remove from oven and soak with wine while still hot. When cool, store in sealed container to keep moist. Cake can last for 1 year or longer.

Tip: To be sure you have added enough flour to your cake, place spoon or spatula to stand center in batter. If it falls, you need to add more flour.

SUGAR CAKES

4 cups grated coconut
1 cup water
4 cups sugar
1/2 tsp cream of tartar
1 tsp almond essence
Food colouring, optional

Boil sugar and water until syrupy. When small bubbles appear, add grated coconut and cream of tartar. As coconut mixture starts to come away from side of pan, remove from heat and beat with spoon approx 4 minutes. Add essence and food colouring (if desired). Drop, 1 spoon at a time, on greased cookie sheet or other utensil. Allow to harden completely before placing in covered container.

You can't have bread - and loaf.

PAPAW BALLS

1 medium papaw, green
1 lemon or lime rind
Juice of 1 lemon or lime
2 cups sugar
2 drops green food colouring
1 drop yellow food colouring

Wash, peel and grate papaw. Squeeze out most of juice. Add rind of lemon or lime, juice of same and most of granulated sugar. Heat mixture, stir and cook until it gels, approx 15 minutes. Add food colouring. Shape into balls of desired size and roll in remainder of granulated sugar.

CARROT HALVA

Nancy Di Gregorio

A Uganda Favourite

6 medium carrots
3 cups milk
8 whole cardamon pods
5/6 Tbsp oil or ghee
5/6 Tbsp sugar
1 to 2 Tbsp sultanas
1 Tbsp shelled, unsalted pistachios, lightly crushed
1 1/4 cups double cream (heavy cream), lightly whipped

Peel carrots and grate them. Put grated carrots, milk and cardamon pods in heavy bottomed pot and bring to boil. Turn heat to medium and cook, stirring now and then, until there is no liquid left. Adjust heat, if you need to. Heat oil in nonstick frying pan over medium low flame. When hot, put in carrot mixture. Stir and fry until carrots no longer have wet, milky look, They should turn a rich, reddish colour. This can take 10 to 15 minutes. Add sugar, sultanas (golden raisins) and pistachios. Stir and fry for another 2 minutes. This halva may be served warm or at room temperature.

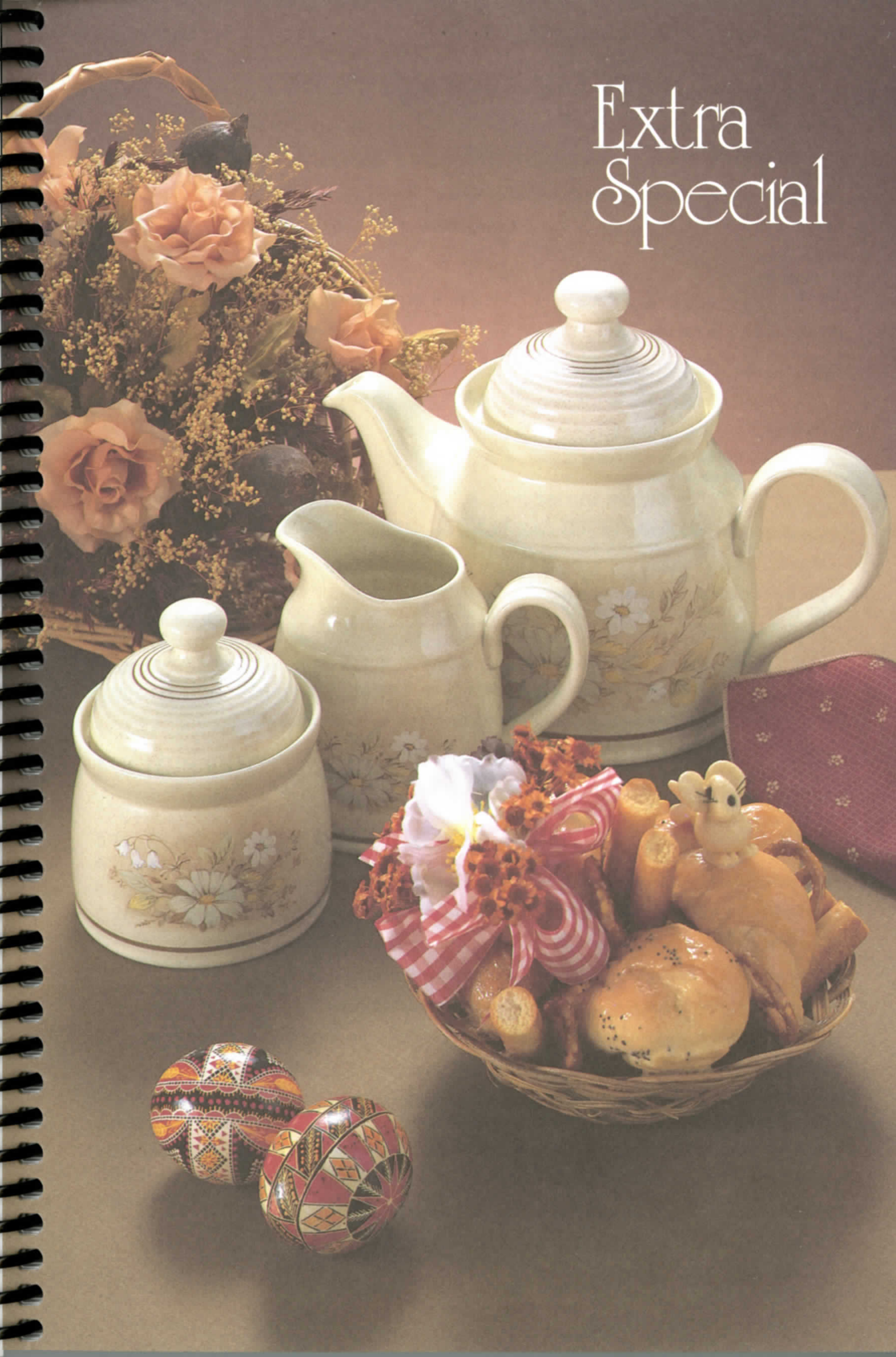
BREAD FRUIT (YAMBE) CAKE

Denia Henry

1 lb bread fruit
1 tsp baking powder
1 lb sugar
3 Tbsp milk
1/4 lb margarine or butter
1 tsp vanilla essence
3 eggs
1/4 lb flour
1/2 tsp spice

Boil and crush bread fruit. Cool. Cream butter and sugar, adding eggs one at a time, beating well after each addition. Add milk and crushed bread fruit; beat well. Add flour; beat again. Place in a well greased tin and bake for 50 to 60 minutes.

EXTRA RECIPES



Extra Special

FANCY PARTY SANDWICHES

For mixed receptions and parties, allow 2 slices bread or 3 to 4 small sandwiches per person*

For ladies tea parties or showers, allow 1 to 1½ slices bread or 2 to 3 small sandwiches per person*

Bread: Approximate number of slices (crusts removed) from loaves

Bread	**⅜-inch slices**	**½-inch slices**
16-ounce loaf	20	16
20-ounce loaf	22	18
24-ounce loaf	25	22

Butter: Allow ¼ lb. per 24-ounce loaf.

Filling: To make filling for one 24-ounce loaf allow:

2½ cups chopped meat or poultry
12 hard-cooked eggs
¾ lb. thinly sliced meat or cheese
10 to 12 ounces peanut butter or jam
¾ lb. cream or soft cheese
2-7 oz. tins fish

— Use about 2-3 large loaves of bread to make small sandwiches (depending on the size of sandwiches for 50 people).

— Make various fancy shaped, checkerboards, ribbon, pinwheel, wagon wheel and roll-up sandwiches.

— Use flavored butters and attractive garnishes.

— For rolled sandwiches, use bread that is very fresh, so that slices will not crack when rolled.

— Chill bread to facilitate slicing thinly.

— Soften butter and beat it until soft and fluffy, to make it easy to spread.

— Prepare sandwiches in advance, wrap tightly in wax paper and refrigerate before slicing.

*depending on what other food is being served, age group, time of day, etc.

MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts of the food to the center.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heating.
- Allow standing time to complete the cooking of roasts and baked products.
- Shield wings or legs of poultry with small pieces of aluminum foil to prevent overcooking of these parts.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

EXTRA SPECIAL

OUR ELDERS & THE NEXT GENERATION

The heights of great ones
Reached and kept
Were not attained by ridden flight
But they, while their companions slept
Were toiling up in the night.

MY FAVOURITE HOME PIZZA

Daynon Omari Rodney-O'Brien
7 years, Toronto

1 small pizza shell
Some tomato paste, to spread
Some white cheese, to sprinkle over it
6 pepperoni slices
2 slices bacon, cut up
Some green pepper and red pepper, cut up

Spread tomato paste on pizza shell with knife. Shake cheese on top of paste. Put red pepper and green pepper next, then bacon. Last thing is pepperoni. Ask Mom to put it in oven or microwave for a little while. Let it cool a little. Eat it.

JULIE'S LOBSTER CUISINE

Julie Haughton
Age 80

3 fresh lobster
4 limes or lemons
6 cloves garlic
1 green pepper
1/2 red pepper
2 tomatoes
1 medium onion
1 stalk celery
1/2 red sweet pepper
1/2 tsp (or 1 bunch fresh) thyme
1 tsp salt
1 tsp black pepper or cayenne pepper
1/4 cup apple cider vinegar
2 Tbsp margarine
1 Tbsp olive oil

Place lobster in big bowl and wash thoroughly in juice of 2 lemons. Crack hard shell of lobster, and open centre of tail to allow lime juice to penetrate. Add salt, black pepper or cayenne pepper. Dice seasonings (garlic, pepper, tomatoes, onion, celery, thyme) together, and pour over lobster in bowl. Add vinegar, mix everything thoroughly, and leave to marinate for approximately 2 hours. Continues on next page.

To cook: Remove seasoning from lobster. Heat oil in large skillet (pot) and saute seasonings in oil for approximately 5 minutes. Add lobster and juice from seasoning to mixture, stir together, bring to a boil, cover and leave to simmer on low heat for approximately 5 minutes. Uncover, stir again, and cook for another 10 minutes, stirring occasionally. Add pepper and salt to taste. Now cook for another 2 to 3 minutes, stirring constantly. Turn off heat. Cover and leave to set for approximately 5 to 10 minutes. Serve on rice or mashed potatoes.

Provides 4 to 6 servings. Enjoy!

GARDEN BREAKFAST

Darnel E.H. Harris
11 years, Toronto

Vegetable oil
1 egg
Basil, sprinkling
1 chive
Garlic
Pepper
6 cucumber slices
2 leaves lettuce
2 slices avocado
6 slices tomato
Salad dressing

Place oil in frying pan. Heat at low temperature. Carefully crack egg so that yolk is in middle firmly. Sprinkle some basil on top of egg. Cut chive very small and spread in oil. Add 1 finely cut clove of garlic and a tip of pepper to oil. Using spatula, place firm egg into middle of breakfast plate. Lay out cucumber slices along top rim of plate to midway down sides. Place 1 leaf lettuce on each side of plate just below cucumber. Place avocado slices at bottom of plate. Now form semi-circular frame over them, using slices of tomato. Use your favourite salad dressing.

CARLENE'S TOSS SALAD

The Brown Children

1 medium romaine lettuce
6 oz peeled baby carrots
1 medium tomato
2 stalks green onion
1/2 seedless cucumber
12 oz can kernel corn

Cut up lettuce in small strips. Slice baby carrots lengthwise in 4 pieces. Cut up all other ingredients and combine. Serve with any salad dressing and rolls.

EGGNOG ANGOSTURA

Joanne C. Brice, M.D.
New Jersey

1 1/4 cups sugar
1/2 tsp salt
10 egg yolks, well beaten
1 Tbsp Angostura aromatic bitters
4 cups milk
2 cups cream (can substitute evaporated milk)
10 egg whites, beaten until stiff
Sprinkle of nutmeg

Fold egg whites into egg yolk mixture; mix with all other ingredients in large punch bowl. Serves 25 to 30.

FEISTY FAJITAS

Michelle Rodney-Bartalos

1 lb skinless, boneless chicken breasts
1 tsp chili powder
1 tsp garlic powder
1 tsp cayenne pepper
1 tsp seasoned salt
1/2 tsp lemon juice
1/2 tsp Worcestershire sauce
1/2 tsp black pepper
Flour fajita shells
Grilled Vegetables:
1 green pepper
1 red pepper
2 small onions

Cut vegetables into strips and grill on barbecue or fry in pan with 1/2 tsp vegetable oil and dash of salt and pepper. Season chicken with ingredients and let sit overnight. Grill chicken strips on barbecue or in oven until cooked. Cut chicken into strips when finished. Place in shell with grilled vegetables, salsa and sour cream. Wrap and enjoy. Makes 6.

CHILI

Michelle Rodney-Bartalos

1 lb lean ground beef
1 tsp seasoned salt
1 tsp pepper sauce
1 tsp cayenne pepper
2 tsp chili powder
1/2 tsp garlic powder
2 medium sized onions
1 large green pepper
1 large red pepper
680 mL can tomatoes
400 mL can chopped tomatoes
1 small can tomato paste
2 (400 mL) cans kidney beans

Chop onions and peppers into bite sized pieces. Brown ground beef with salt, pepper, garlic powder and 1/2 chopped onions. Drain off any fat. Add chili powder, rest of onion, red and green peppers, canned tomatoes, tomato paste and kidney beans to pot. Turn down to medium heat until mixture is at low boil, stirring frequently. Once chili starts to boil, turn to low heat and let cook for 1/2 hour, stirring occasionally. Serve with fresh bread and butter.

PASTA CON PANNA

Adele Cross
London, England

175 g linguine
250 g mascarpone cheese (failing that, any cream cheese)
2 Tbsp olive oil
Salt and pepper, to taste
2 cloves crushed garlic
Pinch of herbes de Provence

Cook linguine in large saucepan of slightly salted water for 10 minutes until it is al dente (or just tender). Drain linguine and toss in 2 Tbsp olive oil. Add garlic, pepper and herbes de Provence. While pasta is still piping hot, add mascarpone cheese and stir in until all pasta is completely covered. Serve immediately with fresh green leaf salad.

CALLALOO

Gillian O'Brien
Toronto, ON

1 pig tail, cut up with fat removed
2 pkg frozen okra
1 pkg frozen chopped spinach
1 tsp black pepper
1 tsp garlic powder
1/4 block creamed coconut
1 1/2 onions, chopped

Boil pig tail in 1/2 medium pot of water for approximately 20 minutes. Throw off water. To 1/2 pot fresh water, add pig tail, 1 package spinach and 2 packages okra after cutting off tops and bottoms. Add pepper, garlic powder, onions and creamed coconut. Cook, bringing everything to boil. Cook on medium for about 20 to 30 minutes. Take out pig tail and blend remains of pot in blender. Put pig tail and blended mixture back in pot. Mix together. Serve hot with plain rice and stewed, fried or baked meat of choice.

One of the good things about middle age is that it's a nice change from being young.

KIMAHLI'S FAVOURITE STEW PEAS

Beverly Powell (mother)

1 pt red peas
1/2 to 1 lb pigtail, cut up
1/2 salt beef (pickled beef) or ham
1/2 lb beef stew, cut up
1 whole green Scotch bonnet pepper
2 stalks escallion
Sprig of thyme
2 cups coconut milk (optional)
Salt and pepper, to taste

Soak peas in water to soften (overnight is best). Soak salted meat in lots of cold water, to get rid of the salt. (Again overnight is the best.) Place the meat and peas together in a large saucepan with enough water to cover (add the coconut milk here if desired). Simmer for about 2 hours or until soft. Add thyme, escallion and the whole green Scotch bonnet pepper. Make sure the stem is intact, if you only want the flavour. Correct seasoning and cook until flavours are mixed for approximately 30 minutes. Serve hot with plain rice, boiled sweet potatoes or fried ripe plantains and a slice of pear.

TRINI COW-HEEL SOUP

David Wiltshire
Brooklyn, New York

1 cow-heel, cut up
3 pints (6 glasses) water
1 onion
2 garlic cloves
1 strip celery
1 carrot
1 lb mixed vegetables
1 Tbsp Sago
1 tsp chopped parsley
Lime juice
2 tsp salt
1 piece of red pepper or 1 tsp cayenne pepper
Grated nutmeg

Scald, scrape, and thoroughly clean cow-heel. Put to boil in salted water. Skim, then add chopped seasonings (garlic, celery, onion and pepper). Simmer gently for 6 to 7 hours or put in a pressure cooker. Take cow-heel out of pot, remove meat from bone, cut into neat pieces. Peel, wash, and dice vegetables. Return cow-heel, prepared vegetables and sago to soup and bring to a boil. Cook for approximately 20 to 30 minutes on medium heat, until vegetables soften. Add parsley, a few drops of lime juice, and grated nutmeg just before serving.

JERRY'S JERK CHICKEN

Jerry Rodney
Mississauga

4 chicken breasts, skinned or 6 legs and thighs
Juice from 1 lemon
Marinade:
2 sprigs fresh thyme
1 bunch scallions, chopped
2 cloves garlic, crushed
1 tsp (5 mL) freshly ground black pepper
1/4 cup (50 mL) sesame oil
3 Tbsp (50 mL) soya sauce
1 to 2 Tbsp (15 to 25 mL) jerk paste or more depending on taste (see recipe)

Make three slits in chicken breasts or coat legs/thighs, and sprinkle with lemon juice. Mix marinade ingredients in stainless steel bowl. Rub mixture into chicken, making sure surfaces are covered. Marinate at least three hours or overnight in refrigerator. Remove chicken from marinade and place on broiler pan. Bake 1 hour at 400°F (200°C), basting with marinade twice. Add remaining marinade at last basting. Remove chicken from juice and dry on oven rack lined with foil. Cut up and serve on rice with sauce.

TRINIDAD (BLACK) CHRISTMAS CAKE

Gem Jeffery
Brooklyn, New York

1 lb prunes
1 lb raisins
1 lb currants
1/4 lb mixed peel
1/2 lb cherries
1/4 lb chopped almonds
1 bottle cherry brandy
1/4 bottle rum
1 to 2 Tbsp Angostura bitters
2 Tbsp brandy (optional)
1 lb butter
1 lb sugar
8 large eggs
1 tsp lemon essence
2 tsp each lime, almond essence, vanilla essence and mixed spice
1 lb flour
4 tsp baking powder
1/2 tsp ground nutmeg
Burnt Sugar:
1 lb brown sugar
1/2 cup hot water

Chop prunes, raisins, currants, mixed peel, cherries and almonds, mix well and soak overnight in cherry brandy, rum, bitters, and brandy.

Burnt Sugar: Burn brown sugar; add hot water gradually. Mix well and leave it to cool. (Or buy in bottle from Caribbean Store.)

Cream butter and sugar. Add 8 eggs, 1 at a time. Add lemon essence, lime rind, almond essence and vanilla. Mix and sift dry ingredients. Add gradually to creamed mixture. Mix in fruit and browning. Put in greased tins doubly lined with brown paper. Bake at 250°F for 2 to 3 hours or until done. Remove from oven and soak while hot with cherry brandy or rum with sherry.

PONCHE DE CREME

Joanne C. Brice, M.D.
New Jersey

1 doz eggs
6 tins condensed milk
2 tins evaporated milk
1 green lime, peeled
1 bottle rum (Puncheon rum, if available)
Angostura bitters, to taste

Remove peel of lime and save. Beat eggs with lime peel in large, deep bowl until very light. Remove lime peel and discard. Add condensed and evaporated milk, stirring constantly. Add rum and bitters and stir briskly. Pour into clean bottles. Enjoy responsibly.

VANILLA FUDGE

Jacob Family

1 lb sugar, brown or white
1 tsp vanilla essence
1 tin evaporated milk
2 tsp margarine

Dissolve sugar in milk. Boil, stirring all the time, until mixture forms soft ball when tested in cold water. Add margarine and essence. Beat lightly, then pour into greased pan. When cool, but not hard, cut into squares.

Note: Chopped nuts, grated coconut or dried fruit may be added just before beating.

PORCUPINE MEATBALLS

Ricki Tavernier

1 1/2 lb hamburger meat
1/2 cup rice
1 tsp salt
1/2 tsp pepper
1 Tbsp minced onions
2 cans tomato soup
1 can water

Mix tomato soup and water in large pot on top of stove. Begin to heat. Mix hamburger, rice, salt, pepper and minced onions in bowl. Form hamburger mixture into small meatballs. Drop into tomato soup. Bring to boil, then cover and reduce heat to simmer. Simmer 1/2 hour to 45 minutes or until rice is cooked. Serves 4 to 6. Serve with a salad.

A hothead seldom sets the world on fire.

MIKE'S KILLER PASTA SAUCE

Michael Bartalos
Mississauga

1 1/2 lb ground beef
3 hot Italian sausages, fried and sliced
1/2 onion
6 to 8 cloves garlic, minced
Splash of olive oil
1 jar Classico pesto and tomato sauce
1 jar PC arribata sauce
1/2 jar roasted peppers
1/3 jar PC volcano salsa
Dash of chili powder
Dash of basil
Dash of garlic salt
Dash of garlic powder
Dash of pepper sauce

Brown meat and drain fat. Add rest and simmer till you can't take it any more.

CARROT/RAISIN SALAD

Kimberley Bruno

6 to 8 medium carrots
1 cup raisins
2 Tbsp mayonnaise
1 Tbsp granulated sugar
2 Tbsp lemon juice

Soak raisins in warm water to soften them. Peel and grate all carrots. Add lemon juice, mayonnaise and granulated sugar. Mix thoroughly. Drain water from raisins and add to salad. Stir. For creamier salad, add more mayonnaise.

Variation: Add 1/2 cup crushed nuts and 1/2 cup raisins.

CALLALOO AND POUND PLANTAIN

Mrs. Neoline Christina Leandre
Age 84

2 bunches of callaloo
1 large onion
4 crushed cloves garlic
Pinch of black pepper
1 whole white pepper
1 whole pigtail, cut up
1 can coconut cream or extracted juice from dried grated coconut
15 orchroes (or 1 box frozen)

Add all ingredients to previously washed and cleaned callaloo bush. Let cook for 45 minutes. Remove cooked pigtail, and blend or swizzle other ingredients for about 4 minutes. Then place pigtail back into swizzled mixture. Serve hot with Pound Plantain (see index) or boiled rice.

POUND PLANTAIN

Noeline Christina Leandre, Age 84

3 green plantains
1 ripe plantain

Steam all plantains. Remove skin then place in mortar and pound until they become ball-like. While pounding, periodically wet tip of mortar pestle to maintain moisture. Resume pounding for about 25 minutes. Serve hot with Callaloo, and beef or fish.

HEAVENLY APPLE CAKE

Vivianne Lewis, Age 86
Stewart Memorial Church

1/4 cup flaked coconut
1/2 cup margarine
1 cup sugar
2 eggs
3/4 cups flour
2 tsp baking powder
1/4 tsp salt
8 or less apples, peeled and cored and cut into eighths
2 Tbsp sugar
1 tsp cinnamon
1/4 cup butter or margarine
1 cup sugar
2 eggs
2 Tbsp flour
1/2 tsp vanilla
1/2 tsp almond extract
1/2 cup flaked coconut

Sprinkle the 1/2 cup coconut on sides and bottom of a greased 9 inch spring form pan. Cream butter, add sugar and egg, beat well. Add flour, baking powder and salt. Mix well. Drop the prepared batter into prepared pan. Spread. Stand apple wedges in circles in batter. Combine sugar and cinnamon, sprinkle over apples. Bake one hour at 375°F. Remove from oven. Combine remaining ingredients and sprinkle over hot cake. Continue to bake another 30 minutes. Cool in pan. Serves 8.

RAY'S FAVOURITE MODERN POUND CAKE

Vivianne Lewis, Age 86
Stewart Memorial Church

3 cups sugar
2 cups butter, softened
6 eggs, room temperature
4 cups flour
3/4 cup milk
1 tsp almond extract
1 tsp vanilla

Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Alternately, add flour and milk to creamed mixture, beating well after each addition. Stir in flavourings. Pour batter into well-greased and flavoured tube pan and bake at 300°F for 1 hour and 40 minutes, or until cake tests done. Grated lemon may be added.

LOW FAT VEGETARIAN DISHES

PSALM 27

The Lord is my light, and my salvation
I will fear no one.
The Lord protects me from all danger;
I will never be afraid.

I have asked the Lord for one thing;
One thing only do I want:
To live in the Lord's house all my life,
To marvel there at his goodness, and to
Ask for his guidance.

In times of trouble he will shelter me;
He will keep me safe in his Temple
And make me secure on a high rock.

Teach me Lord, what you want me to do
And lead me along a safe path.

I know that I will live to see
The Lord's goodness in this present life.

Trust in the Lord
Have faith, do not despair.
Trust in the Lord.

HERBED BAKED FISH FILLETS

1 to 1/2 lb fish fillets
1/2 cup whole wheat flour
1/2 tsp garlic powder
1/2 tsp oregano
1 tsp freshly grated ginger
1 egg white
1/2 plain low fat or nonfat yogurt
Cayenne powder, to taste

Combine flour and herbs. Dip fish in egg white, then put in single layer in baking pan. Spoon yogurt over fish. Bake in preheated 400°F oven about 15 minutes. Makes 4 servings.

No one knows what they can do, until they try.

PASTA WITH CHICKEN AND VEGETABLES

4 qt water
1 bunch fresh broccoli, cut into florets
2 medium carrots, sliced
3/4 lb linguine or other medium pasta
2 skinless, boneless chicken breasts, cut into 1/2 thick strips (about 1 lb)
2 Tbsp olive oil
Salt and pepper, to taste
3 garlic cloves, minced
3 tomatoes, cut into 1/2 inch cubes
1/2 tsp dried oregano
1/2 tsp dried rosemary
1/2 tsp dried thyme
2 Tbsp chopped Italian parsley
1/4 cup grated Parmesan cheese

Bring water to boil and add broccoli and carrots. Cook for 3 minutes. Do not overcook; vegetables must be crisp. Drain and reserve liquid. Bring reserved cooking liquid to boil and add pasta. Stir and cook according to package directions. Pasta should be al dente. Drain and reserve 1/2 cup cooking liquid. Heat oil in large skillet. Add chicken, salt and pepper. Cook and stir over medium high heat for 1 minute. Add garlic, stir and cook briefly; do not brown. Add tomatoes, basil, oregano, rosemary and thyme; cook, stirring, for 1 minute. Add broccoli, carrots and pasta into tomato mixture. Add reserved 1/2 cup cooking liquid. Simmer, add parsley and combine water, tomato sauce, rice, carrots, onion and seasoned salt. Add seasoned pepper in casserole dish. Bring to boil. Reduce heat, cover and simmer 10 to 12 minutes. Serve over cooked pasta. Sprinkle with Parmesan cheese if desired. Makes 6 to 8 servings.

EGGPLANT AND TOMATOES WITH GRAIN

1 eggplant
1 cup chicken or vegetable stock
1 large stock
1 large onion, finely chopped
1 or 2 cloves garlic, minced
2 to 3 fresh tomatoes, chopped or 1/2 cup canned tomatoes
2 Tbsp chopped fresh basil or 1 tsp dried basil
Cayenne powder
2 cups cooked grains (rice, bulgur, millet)
1/2 cup grated part skim mozzarella cheese

Cut eggplant into wedges and let stand in colander 1/2 hour for juices to drain. Heat stock and add eggplant, onion, garlic, tomatoes, basil and cayenne. Cover and simmer until eggplant is tender, about 10 minutes. Place rice (or other grain) in shallow baking dish. Cover with eggplant mixture and top with cheese. Bake in 350°F oven for 20 minutes. Makes 6 servings.

TURKEY BURGERS

1 lb ground turkey
1/4 cup dry bread crumbs
1/4 cup finely chopped onion
1 egg or egg white
1/2 tsp garlic powder
1/4 tsp pepper
Vegetable cooking spray
Lettuce
Tomato slices
Onion slices

Combine all ingredients, except vegetables and vegetable cooking spray in medium bowl. Shape turkey mixture into 4 patties, each about 1/2 inch thick. Spray large skillet with vegetable cooking spray. Heat skillet until hot over medium heat. Place patties in pan and cook for 5 minutes on each side until brown. Cover and cook over low heat for 10 minutes or longer or until cooked through. Serve on toasted hamburger buns with lettuce, tomato and onion slices if desired. Makes 4 servings.

CREOLE BAKED FISH

4 fish fillets
1 cup chopped tomatoes
1/4 cup chopped green peppers
1/4 cup lemon juice
2 tsp instant minced onion
1 Tbsp fresh basil or 1/2 tsp dried basil
1 Tbsp dry white wine
2 to 3 drops pepper sauce, optional

Place fillets in foil lined shallow baking dish that has been preheated. Combine remaining ingredients. Spoon over fillets. Cover dish and bake in 400°F oven 10 to 15 minutes. Spoon pan juice and vegetables over fish and serve hot. Makes 4 servings.

ORANGE GINGER STIR FRY

7 oz rice and vermicelli, mixed
1 Tbsp margarine
1 cup orange juice
1 lb skinless, boneless chicken breast halves, cut into thin strips (about 5)
Salt, to taste
2 cloves garlic, minced
1/4 tsp ground ginger
Dash crushed hot pepper
2 cups carrots, cut into small thin strips or 3 cups broccoli florets

Combine rice-vermicelli mix and margarine in large skillet. Cook over medium heat, stirring frequently, until vermicelli is golden brown. Stir 1 1/2 cups water, orange juice, salt, chicken, garlic and pepper. Bring to boil. Cover; reduce heat. Simmer 10 minutes; stir in carrots or broccoli. Cover; simmer 5 to 10 minutes or until liquid is absorbed and rice is tender. Check seasonings. Stir before serving. Makes 6 servings.

INDIAN CHICKEN

1 frying chicken, cut up or your favourite parts
2 cloves garlic, minced
2 tsp freshly grated ginger
1 1/2 Tbsp curry powder (or to taste)
1 tsp paprika
2 tsp masala
2 Tbsp lemon juice
2 Tbsp flour
2 Tbsp finely chopped green onion
2 Tbsp chopped fresh parsley
1 cup plain low fat or nonfat yogurt
Chopped tomatoes
Chopped water chestnuts
Lemon or lime wedges

Remove skin from chicken. Combine remaining ingredients, except chopped tomatoes, water chestnuts and lemon wedges. Coat chicken with mixture. Cover and allow to marinate for several hours or overnight in refrigerator. Arrange chicken pieces in single layer in shallow pan. Bake, uncovered, in 350°F oven for about 50 minutes or until chicken is tender. Serve over rice or bulgur wheat. Garnish with tomatoes, water chestnuts and lemon or lime wedges. Makes 4 or 6 servings.

LITE SMOKED SAUSAGE AND VEGETABLES STIR FRY

1 lb lite smoked kielbasa sausage, sliced into bite sized pieces
2 Tbsp margarine
4 cups fresh or frozen chopped vegetables, like broccoli, carrots, onions, mushrooms, christophene
3/4 cup grated Parmesan cheese
1/2 cup raw rice
Seasonings, like salt, cayenne, garlic, oregano

Cook rice and keep warm. Saute vegetables in margarine until crisp and tender. Add sausage and season to taste. Heat thoroughly. Mix in 2 cups Parmesan cheese and serve immediately over warm rice, sprinkling with remaining Parmesan cheese. Total preparation and cooking time is 15 to 20 minutes. Makes 5 servings.

FISH/CHICKEN AND VEGETABLE CASSEROLE

4 oz cauliflower
4 oz christophene
8 oz carrots
8 oz fish or chicken
1/2 cup raw sweet pepper

Sauce:
1 tsp corn flour
1/2 Tbsp margarine
8 oz skimmed milk

Sauce: Add extra water if too thick.

Chop chunky cauliflower, christophene, carrots, fish or chicken and sweet pepper and steam. Combine vegetables and meat or fish with sauce. Sprinkle with bread crumbs and Parmesan cheese. Bake until bubbly hot.

SPINACH LASAGNA

1 bunch fresh spinach, finely chopped or 10 oz pkg frozen chopped spinach, thawed
1 onion, chopped
2 cloves garlic, minced
1/2 cup chicken or vegetable stock
3 cups tomato sauce
1 Tbsp chopped fresh basil or 2 tsp dried basil
Cayenne powder
1 1/2 cups dry cottage cheese
1/2 cup plain low fat or nonfat yogurt
8 oz lasagna noodles
6 oz part skim mozzarella

Wash, dry and chop fresh spinach or squeeze thawed spinach dry. Saute onions and garlic in stock. Add tomato sauce and seasonings. Simmer 20 to 30 minutes. Mix cottage cheese and yogurt. Cook lasagna noodles according to package direction. Drain well. Spread part of sauce in shallow 9 inch baking pan. Add layers of noodles, spinach, cottage cheese mixture and mozzarella. Repeat layers, ending with mozzarella. Bake in 350°F oven 40 to 50 minutes. Makes 6 servings.

No difficulties, no discovery.
No pains, no gains.

CRISPY CINNAMON CHICKEN BAKE

1 1/2 oz corn flake crumbs (1/2 cup plus 2 Tbsp)
1 Tbsp plus 1 tsp granulated and brown sugar
2 tsp each ground cinnamon and grated orange peel
1/4 tsp salt
1/2 cup skim milk
3 lb chicken parts, skinned
1 tsp vegetable oil
1 tsp margarine

Preheat oven to 400°F. In blender, combine corn flake crumbs, sugar, cinnamon, orange peel and salt and process until fine. Pour mixture onto sheet of wax paper. Pour skim milk into bowl; dip chicken into milk, then coat with crumb mixture, pressing crumbs into chicken and being sure to use all skim milk and crumb mixture. Using oil, grease nonstick baking pan. Bake until tender for 30 minutes. Makes 4 servings.

SPICED ROAST CHICKEN

Garnish this chicken with yogurt, pomegranate seeds and green chilies, the colour of the Mexican flag.

1 whole chicken
2 Tbsp lemon juice
1 medium onion, cut up
2 cloves garlic, minced
1 Tbsp canned green chilies
1/2 chili powder
1/2 cayenne powder

Remove skin from chicken. Place remaining ingredients in blender and blend for 20 seconds. Marinate chicken in this mixture for at least 1 hour; turn occasionally. Roast in 375°F oven until chicken is tender. Baste occasionally with marinade. Makes 4 to 6 servings.

PERSIAN RICE

1 cup brown rice
1 cup orange juice
1/2 cup water
1/2 cup raisins
1/4 tsp grated orange rind or dried orange bits
1 Tbsp chopped fresh parsley

Place rice in dry skillet and cook over moderate heat until slightly toasted. Stir to prevent burning. Add orange juice, water and raisins. Cover tightly and simmer over low heat 40 to 50 minutes. Remove from heat. Fluff rice with fork and add orange rind and parsley. Makes 6 servings.

VEGETABLE CASSEROLE

Squash, with skin, thinly sliced, parboiled
Christophene, without skin, thinly sliced, parboiled
Potatoes, with skin, thinly sliced, parboiled

White Sauce:
1 cup skimmed milk
1 tsp margarine
1 Tbsp flour
1/2 cup low fat cheese
1 tsp dry mustard
Salt and cayenne

Place vegetable layer in casserole. Cover with White Sauce and sprinkle with bread crumbs. Bake until sauce spreads all the way through and sets, approximately 20 minutes, uncovered, at 325°F.

BREAST OF CHICKEN WITH ORANGE SAUCE

1/2 cup finely chopped onion
1/2 cup grated carrot
1/2 chopped green pepper
1 Tbsp grated orange rind or dried orange bits
2 whole chicken breasts, split and skin removed
1 cup orange juice
1/2 dry white wine
1/2 cup grated ginger
Orange slices, for garnish
1 Tbsp cornstarch, dissolved in 2 Tbsp water

Place onion, carrot, green pepper and orange rind in bottom of shallow baking pan. Arrange chicken breasts on top. Mix together 1/2 cup orange juice and wine; pour over chicken. Cover and bake in 350°F oven for 45 minutes or until chicken is tender. Remove chicken from pan and keep warm. Using same pan, combine stock, remaining orange juice, ginger, cornstarch and juices in pan. Heat until sauce thickens, stirring often. Pour over chicken. Garnish with orange slices, if desired. Makes 4 servings.

A mistake at least proves somebody stopped talking long enough to do something.

KINGFISH PROVENCALE

1 1/4 lb boned fish (king carite, shark), cut into 1 inch pieces
3 tsp all-purpose flour
1/4 tsp each salt and cayenne
1 tsp vegetable oil
1 tsp margarine
2 medium tomatoes, cut into wedges
1 Tbsp plus 1 tsp dry vermouth
2 tsp chopped fresh basil or 2 tsp dried basil
1 garlic clove, minced

Rinse fish in cold water; pat dry. Combine flour, salt and pepper; dredge fish in flour mixture, coating salt all sides and using up all mixture. Combine oils and heat over medium high heat; add fish and garlic and saute until lightly browned. Reduce heat; add remaining ingredients. Cook until thoroughly heated. Makes 4 servings.

VEGETABLE STIR FRY

1 small bunch broccoli
2 medium carrots
1/2 green, 1/2 red sweet peppers
4 oz can whole mushrooms or 6 fresh
1 medium onion
3 cloves garlic
3 Tbsp canola oil
1/2 tsp sugar or honey
1/2 tsp salt
1/2 tsp cayenne powder, optional

Cut broccoli into 2 inch pieces, carrots, peppers and onion lengthwise into strips. Cut garlic finely and place each in separate container. In pot, over high heat, cook carrots, onion and broccoli in oil, stirring constantly, about 2 to 3 minutes. Add garlic and peppers, stirring for another minute. Lastly, add salt, cayenne, sugar and mushrooms with their liquid. Cover and cook 3 to 4 minutes longer until vegetables are tender crisp, stirring occasionally. Serves about 6. Enjoy.

CRUNCHY CORNMEAL CHICKEN

1 broiler-fryer, cut up
1/4 cup cornmeal
1/4 cup whole wheat flour
1/4 tsp each oregano and marjoram
1/2 tsp garlic powder
Cayenne powder
1 egg white, slightly beaten

Remove skin and fat from chicken. Rinse and pat dry with paper towels. Combine cornmeal, flour and seasonings. Dip each piece of chicken in egg white, then cornmeal mixture. Place chicken on rack in shallow pan. Bake, uncovered, in preheated 350°F oven for 1 hour or until chicken is tender. Turn once so chicken browns evenly. Makes 4 servings.

SOUTH OF THE BORDER APPLE SOUP

4 large green apples
4 to 6 slivers lemon peel
Sugar, to taste
Pinch of salt, optional
1 Tbsp seedless raisins
1 egg yolk

Cut up 4 large, green apples. Cover well with cold water. Add slivers of lemon peel, sugar and pinch of salt. Cook until apples fall to pieces. Put through sieve. Add raisins. Whip in egg yolk and serve.

GARLIC SOUP

1 Tbsp olive oil or canola oil
12 to 18 garlic cloves, sliced
2 to 3 cups boiling water
Salt, to taste
Cayenne pepper, to taste
Toasted bread
Egg

Heat 2 Tbsp oil in deep saucepan and slowly fry garlic cloves until soft, but not brown. Cover with 2 to 3 cups boiling water and season with salt and pepper to taste. Lay in squares of toasted bread and let boil for approx 10 minutes. When done, break in 1 egg for each person. Cover to let eggs poach lightly. Remove from heat and serve.

POTATOES O'BRIEN

1 tsp margarine
1 tsp vegetable oil
1/2 cup diced green pepper
2 Tbsp diced onion
9 oz peeled cooked potatoes, cut into cubes
1/4 cup diced pimentos
1/4 tsp salt
Dash each cayenne powder and paprika

In skillet, combine oil and margarine and heat until margarine is bubbly and hot; add green pepper and onion and saute over medium heat, stirring occasionally, until onion is translucent, about 3 minutes. Reduce heat and add remaining ingredients; cook, stirring occasionally, until potatoes are thoroughly heated, about 5 minutes. Makes 2 servings.

MELON-ORANGE DELIGHT

2 cups fresh melon chunks
1 cup fresh orange juice
1 cup crushed ice

Blend ingredients together. Sit back and enjoy.

BANANA DELIGHT

1 cup soy milk
1 cup ice
3 medium sized bananas
2 Tbsp honey

Blend ingredients together into smooth, nourishing drink. Enjoy.

HERITAGE DISHES

PRAISE THE LORD!

Praise God in His Temple!
Praise His strength in heaven!
Praise Him for the mighty things He has done.
Praise His supreme greatness.

Praise Him with trumpets.
Praise Him with harps and lyres.
Praise Him with drums and dancing.
Praise Him with harps and flutes.

Praise Him with cymbals.
Praise Him with loud cymbals.
Praise the Lord, all living creatures!
Praise the Lord!

Psalm 150

AKARA (Fried Bean Balls)

Ama

Ghana, West African

2 cups black-eyed peas
1 large onion
1/2 to 1 fresh hot red pepper, diced
Salt, to taste
Oil, for frying

Soak black-eyed peas, well immersed in water overnight. Rub beans together, peeling off as much skin and eyes as possible. Drain off all skin and eyes. Blend beans in Cuisinart or blender, adding just a little water to make into smooth paste. Pour into big bowl. Blend onions and pepper and add to beans. Using wooden spoon, beat mixture for 5 to 10 minutes until it becomes fluffy. Add salt to taste. In a deep frying pan, heat oil. Use 1/4 cup measuring cup to scoop paste into hot oil, fry until golden brown. Fry in batches until all paste is used up. Serve hot akara with mild salsa or mango chutney.

KELEWOLE (Seasoned Fried Ripe Plantains)

Dr. Ama de Graf Johnson

Ghana, West African heritage dish.

3 to 4 ripe plantains
1/4 grated ginger or powdered ginger
1/2 tsp cayenne pepper
1/2 tsp salt
Oil, for deep frying

Wash plantains and cut off ends. Make deep, lengthwise cut in plantain and peel off skin. Cut plantain into 2, lengthwise. Cut 2 halves of plantain into 1/4 inch diagonal slices. Add ginger, cayenne pepper and salt to plantain. In hot, deep frying pan, fry plantain, a few at a time, using moderate heat until golden brown. Serve hot with black-eyed peas stew or as a side dish.

COU-COU (Barbados Heritage)

Valda Springer

2 cups cornmeal
12 large okras (16 medium, 20 small)
6 cups water
3 tsp salt

Slice okras in very thin slices. Cut and discard stems; pinch off tips (if tips do not pinch easily, okra is too old for cooking). Boil sliced okras in 6 cups water 10 to 15 minutes. Strain cooked okras from water and put aside. Add salt to cornmeal. In large saucepan, on low heat, put 3 cups okra water; add cornmeal in small portions (1/4 cup), stirring and mixing well after each addition until all cornmeal is well blended. Add remaining 3 cups okra water in small quantities (1/4 cup), stirring and mixing until all water is used and cornmeal is cooked. Add okras and blend well. Cornmeal is cooked when stiff and slippery and comes away from side of saucepan.

This dish goes well with fish, chicken or pork gravy. Serves 4.

Use wooden spoon or cou-cou stick for stirring.

Serve with steamed flying fish or fried flying fish and sauce (see index).

Too many people quit looking for work when they find a job.

FLYING FISH FRIED

Norma Jordan

Barbadian Heritage Dish

6 flying fish
1 lime or 2 lemons
Chopped seasonings, to taste (onion, garlic, chive, etc.)
Salt, black pepper, cayenne pepper or pepper sauce, to taste
1 beaten egg
1/2 cup milk, optional
3/4 cup bread crumbs with flour
Canola oil or other vegetable oil

Scale, bone and fillet flying fish. Wash well in salt and water. Stand in lime or lemon juice for approx 15 minutes, then rinse and dry. Put seasonings in spaces from which bones were removed. Dip each fish into egg or milk, then bread crumbs and flour mixture. Heat oil and fry, putting each fish face down in pan first. Served with Brown Sauce for flying fish and Cou Cou (see index).

CECILE'S CASSAVA PIE

Cynthia Taylor (elder)

A Bermudan Traditional Dish

4 lb cassava
3/4 lb soft butter
2 cups sugar
1 Tbsp salt
12 eggs, beaten
1 tsp nutmeg, optional
1 tsp vanilla, optional

Filling:
4 to 5 lb chicken
2 tsp salt
1 sprig thyme
2 to 3 stalks celery

Place cassava in dishtowel and squeeze out all liquid. Place cassava in bowl. Cream butter and sugar in larger bowl; add beaten eggs, nutmeg, vanilla then cassava. Mix well.

Filling: Simmer until cooked 4 to 5 pounds chicken with 2 tsp salt, sprig of thyme and a few stalks celery. When cooked, cool chicken. Discard bones and skin. Reserve broth. (You may prefer to use 3 lb of cooked chicken and 1 lb of cooked, cubed lean pork.) Generously grease a deep pan about 11x9x4 inches with shortening. Place 1/2 batter in pan, building it up on sides. Place meat filling in pie. Moisten this with approx 3/4 cup liquid poured evenly over it. Cover with remaining cassava mixture and smooth down, making a design with a knife. Bake pie at 300°F for about 3 hours. If you notice the pie shrinking from the sides of the pan before the 3 hours, then the pie is cooked. Remove pie from the oven and cool, covered with damp dishtowel and foil. (This will keep the crust from becoming hard.)

Cassava pie can be eaten cold or warmed.

CHAPATI

Marie Ssemanda

Uganda, Africa heritage dish.

4 cups wheat flour (all-purpose)
1 tsp salt
3 tsp vegetable oil
1 1/2 cups water
1 cup flour, for kneading dough

Mix all ingredients together. Keep adding a little bit of flour until dough is not sticking on your hands. Continue kneading dough until it's soft. Cut into small balls. Use rolling pin to flatten each piece. Flatten 1 or 2 at a time. Heat 1/2 Tbsp oil in frying pan. When hot, put in chapati and turn stove to low temperature. Turn chapati over. When golden brown on both sides, put on plate. Do same for all other pieces. Serve when warm. Serve with beef stew (see index) or chili sauce.

OILED DOWN

Erma Callender

A Grenadian favourite.

1 small breadfruit
1/2 lb salt beef or pork or salt fish
1 small onion, chopped
1 small bunch chives and thyme
1 small hot pepper
1 stick celery, whole or chopped
2 cups coconut cream (or more)
12 small okras
1 small bunch spinach or callaloo (dasheen bush)

Soak salted meat overnight or for 2 hours before preparation in cold water with 1/2 lemon or lime. Remove core of breadfruit, peel and cut into large slices lengthwise. In large or medium sized iron or other suitable pot, place sliced breadfruit. Add coconut cream, onion, chives, thyme, whole pepper, celery and sliced okras. Add meat (without water, lime or lemon) and cover with spinach layers or callaloo which have been washed and stripped. Cover pot tightly and cook for about 50 to 60 minutes or until breadfruit is tender. There should be a small amount of liquid remaining at end of cooking. Do not allow it to burn.

Worry gives little things big shadows.

GRENADA CRAB COOK-UP

Veni Perrotte and Family

Grenada heritage dish.

3 large crabs
1 blade chive
Salt and pepper, to taste
1 clove crushed garlic
2 cups coconut milk
1 lime
1 Tbsp margarine
1 Tbsp cooking oil
1 tomato
1 medium sized onion
1 lb rice
1 pt water

Wash and clean crabs thoroughly with lime. Fry garlic in oil until brown, then remove. Add chopped onion, chive and tomato and cook for 5 minutes. Add crab and cook for a few more minutes. Add coconut milk, water and other seasonings. Bring to boil; add rice. Stir well. Cook on low heat until rice is tender and liquid absorbed.

CONKIE (St. Kitts)

Venetta Pacquette

3 cups grated coconut
2 sweet potatoes, peeled and grated
3/4 lb pumpkin, peeled and grated
2 cups cornmeal
1/2 cup flour
3/4 cup butter or margarine, melted
1 tsp salt
3/4 lb brown sugar
1 cup milk
1 tsp grated nutmeg
1 tsp powdered allspice
1 tsp almond essence
1/2 cup raisins, optional
Plantain or banana leaves or waxed paper covered with foil

Mix coconut, pumpkin, potato, sugar, spices, almond essence, raisins (if used), flour, cornmeal and salt. When well blended, add melted butter and milk; stir with wooden spoon to smooth paste. Wipe banana leaves and heat them to make them pliable. Cut them into pieces about 6x6 inches. Place about 2 Tbsp mixture in each piece of leaf. Roll up, fold over and tie ends. Place in boiling water and boil for 45 minutes.

Most troubles do not enter without an invitation.

GREEN BANANA SALAD (St. Kitts)

Venetta Pacquette

1 cup salt fish bits
Juice of 1 lemon
6 green bananas
1 Tbsp salt
1 each red pepper, green pepper, diced
2 cloves garlic, minced
1 Tbsp fresh basil, chopped
1 cup mayonnaise
1/4 cup Italian salad dressing
1 small onion, chopped
1 tsp butter or margarine

Soak fish overnight; rinse with lemon. In saucepan, cook on medium heat for about 15 minutes in 4 cups water. Drain and shed. Trim off banana ends and make slit in peel on either side. Don't remove peel or cut into banana. Place in pot, cover with water and 1 tsp salt. Bring to boil for 20 minutes. Drain, peel and chill for 2 hours. Cut into bite size pieces. Saute onions in butter or margarine. Mix all ingredients. Refrigerate 2 to 3 hours.

INDRA'S ROTI

A Trinidad Favourite

2 cups flour
1/4 tsp baking soda
1/4 tsp salt
Milk to mix
Ghee or oil

Sift flour, soda and salt together. Add milk to mix to a stiff dough. Knead, then form into small balls. Flour pastry board and roll out balls of dough, one at a time, very thinly and apply ghee or oil to the surface, then roll again into a ball.

Meanwhile, allow baking iron to get very hot. Roll out dough again, and place on baking iron. Rub with ghee or oil, and turn frequently until baked. Clap with hands to make pliable. Wrap in a towel to keep warm.

Serve with curried chicken, shrimp, etc. or potato (see index).

If you want to see a short summer,
borrow some money due in the fall.

PEPPER POT (GUYANA)

Dawne Jeffrey
Thelma Shervington (elder)

2 lb oxtail
2 lb pork ribs
1/2 lb salted pig tails
2 lb stew beef or brisket
4 cloves garlic, minced
4 cloves
3 inch cinnamon stick
1 whole pepper
1 Tbsp sugar
1 inch dried orange peel
Boiling water, to cover meat
1 cup cassareep (available in West Indian store)

Pressure cook all meats for approx 10 minutes or cook until half tender; skim off froth. Place oxtail at bottom of stockpot, then place beef/pork/pig tail, orange peel, garlic, cinnamon and cloves. Pour hot water to cover meat completely and cook until almost tender. Always have hot water handy to top up if necessary. Remove all froth before adding cassareep, salt, sugar, and pepper to taste. Allow to cook on medium heat until tender. This should take approx 1 hour.

This dish develops more flavour if left overnight. It must be reheated every day. If left in pot, reheat to boiling point each day. Or, you could put it in containers in refrigerator and reheat portion you want to use. This dish must be served hot and can be used at breakfast time with bread, or lunch with bread or boiled potatoes, or supper with plain rice or vegetables.

Be careful not to burst pepper or it may be too hot. I throw away pepper when it's done so as to avoid this happening - but some people like it hot!

This is a traditional Amerindian dish. Cassareep is made from the cassava root and helps to preserve the meat - the reason why it can be used over a period of time.

A person can fail many times but isn't
a failure until they blame somebody else.

GREEN BANANA PORRIDGE (Dominica)

Beryl Harris (elder)

4 green bananas
Pinch of salt
1 stick cinnamon
1/2 nutmeg
Dry husked coconut

Prepare coconut milk by grating coconut flesh (white thick flesh inside the hard shell) into container, using fine holes of grater. Now put some water into grated ingredients and mix them together. Use your hand and squeeze ingredients, now strain liquid from solid part of ingredients. You have made coconut milk.

Grate green bananas into pot, using large holes of grater. Add water to approximately an inch above the banana. Let it boil. Stir regularly so that it forms porridge paste, but does not stick to bottom of pot. If it becomes too thick, add water. After 15 minutes of boiling, break cinnamon stick in 3 and throw into porridge. Allow to boil for another 10 minutes, then grate nutmeg into porridge and add coconut milk. Leave for another 5 minutes.

Note: Remember to stir ingredients regularly throughout process. If coconut milk is added too early, it will form oil.

COCONUT BUN (GATEAU)

Janet Musgrave

Dominica

6 cups flour
2 cups sugar, white or brown
1 grated coconut
3 tsp grated ginger
2 tsp grated nutmeg
1 tsp essence or vanilla extract
8 g pkg quick rise yeast
1 Tbsp baking powder
1 cup raisins
1 Tbsp cinnamon
1 cup water

Put all dry ingredients together in large bowl. Add coconut and all other ingredients. Add water and mix until dough is soft, not sticky. Separate and shape into a dozen (12) buns, place in greased pan and bake in preheated oven at 350°F for approx 45 minutes.

Anything scarce is valuable; praise, for example.

FISH BROTH (Braff)

Joy

Dominican style

6 fish steaks or 1 whole kingfish, snapper, grouper fish
1 medium onion
1 lemon
2 cloves garlic
Fish seasoning, optional
Salt, to taste
Black pepper, to taste
1 to 2 sprigs spring onion (chive)
1 christophene (cho cho), peeled, cored and sliced
2 cups cabbage, chopped (optional)
10 okras, ends snipped (optional)
1 yam, peeled and cut into medium sized pieces
1 dasheen, peeled and cut as above
6 (approx) green cooking bananas, peeled and cut up
2 salted pig tails, cut up into 2 inch pieces
Smoked meats
1 lb flour, for dumplings
1 whole hot pepper
3 sprigs thyme

Clean fish (scale and gut if whole). Place fish in marinade dish and squeeze lemon juice over it. Add salt, pepper, onion and garlic and leave in fridge overnight to marinate. Clean pig tails (can be soaked overnight to extract excess salt and fat or boil for 10 minutes, throw off water, boil again and throw off water). Fill large pot half full of pig tails. Add provision (dasheen, yams, etc.) and cook for approx 10 minutes. Add dumplings, green bananas, okras, christophene or cabbage, thyme, chive and smoked meats and continue cooking for another 10 minutes. Place fish with marinade liquid in pot. Add a little more oil if desired. (Add whole pepper for more spicy taste.) Continue cooking slowly for another 15 minutes. Garnish with parsley and slice of lemon. Serve warm in large soup bowl. Serves 6 to 10 people. Enjoy.

Opportunity is missed by many people because
it comes dressed in overalls and looks like work.

CHICKEN AND PIGEON PEAS PELAU

Gillian Roberts

Most popular Trinidad Meal

4 chicken legs and thighs
1 tsp chopped thyme
4 cloves crushed garlic
1 small onion, chopped finely
Juice of 1 lime
Salt and pepper, to taste
2 Tbsp canola or olive oil
2 Tbsp sugar
2 Tbsp ketchup
1/4 lb pumpkin, chopped
2 cups coconut milk or 1/2 block coconut cream
16 oz can pigeon peas
2 hot peppers
1 cup rice
2 cups water

Clean chicken, removing fat and skin. Season with chopped thyme, onion, garlic, juice of 1 lime, salt and black pepper. Allow to marinate. In heavy saucepan, add oil and sugar. Heat until golden. Add seasoned chicken, stirring into caramelized sugar. Add ketchup and cover over low heat just to simmer until cooked. Add pumpkin, coconut milk, peas and peppers and bring to boil. Season to taste. Allow to boil for 5 minutes. Add rice when it comes to boiling point and reduce heat. Cover tightly; allow to cook slowly for 30 to 45 minutes. Corn, carrots and other vegetables can also be added. Beef or pork can be substituted for chicken. Serves 4.

CURRY SHRIMPS

Esther Pinder & Ivan Wiltshire
Trinidad

1 lb large shrimps
3 or 4 medium size Irish potatoes
3 to 4 Tbsp curry powder
Cooking butter
Seasoning:
Lime
Salt and black pepper
Onion
6 whole grains garlic
Green onion (chive)
Shadow Bere, 2 leaves (Caribbean seasoning), if available
Tomato ketchup

Clean shrimp, removing shell and black vein at back of shrimp. Season with lime and other seasonings. Leave for about 1 hour. Then burn 2 grains of garlic in pot with cooking oil; remove garlic when black. Peel and dice potatoes. Add curry powder and potatoes to cooking oil; stir well. Add some water gradually. Add onion and other seasoning from shrimps (not shrimps). Add cooking butter and tomato ketchup. Stir gradually, adding small amounts of water to prevent sticking or burning until potatoes are cooked. Then add shrimps; stir well. Cook for 5 to 6 minutes more. Also pepper can be added if needed.

COO COO WITH OKRAS

Joyce Anderson
Brooklyn, NY
Heather Brown

Trinidad heritage dish.

6 cups hot water
6 okras
2 cups fine cornmeal
1 Tbsp salt

Put 2 cups salted water into medium sized pan. Cut up okras and put into water. Boil for 20 minutes until okras are soft. Whisk okras in water. Add cornmeal slowly while stirring. Continue to add remainder of water, stirring constantly, until meal forms smooth, soft mass. Grease medium sized bowl and put cornmeal into it. Cover with plate or fitted cover and shake. Mass forms a ball. Cut ball into slices.

PIG FEET SOUSE (The Trinity Way)

Gillian Roberts

2 lb pig feet
Juice of 4 limes
Salt, to taste
1 small onion, cut into rings
1 tsp sugar
2 cups water
1/4 hot pepper, chopped (to taste)
1 small cucumber
Sprigs of watercress
Red sweet pepper

Wash pig feet with vinegar. Completely immerse in cold water, bring to a boil and allow to simmer in covered pot or pressure cook until tender. Cool and wash. Remove visible hairs. Make marinade by combining lime juice, onions, salt and sugar with water. Add hot pepper. Put pig feet in marinade and marinate for at least 1 hour before serving. Garnish with sliced cucumber, watercress and few rings of red sweet pepper. Eat alone or with bread. Serves 4.

The trouble with life in the fast lane is
that you get to the other end in an awful hurry.

OXTAIL (Jamaican)

Carlene Brown
Eva Clarke

2 lb oxtail
1 1/2 Tbsp salt
1 1/2 Tbsp pepper, if desired
3 Tbsp oil
1 cup sliced onions
2 cloves garlic, crushed
Sprig thyme
3 Tbsp flour
3 cups water
1/4 cup ketchup
1 tsp lime juice
1 cup drained broad beans

Season oxtail with salt and pepper. Fry until brown. Place in pressure cooker; sauté onion, garlic and thyme to oxtail. Add flour to remaining oil; stir ingredients in pressure cooker. Cook for about 40 minutes. Serve with plain rice and vegetables. Serves 6.

JERK PORK (Jamaican)

Eva Clarke

4 1/2 lb pork shoulders (do not bone)
2 Tbsp finely chopped hot peppers
1 Tbsp allspice
1/2 grated nutmeg
1/2 tsp cinnamon
1 Tbsp minced garlic
1/2 cup chopped escallion (otherwise green onions)
1/4 cup chopped onions
3 Tbsp salt
2 tsp black pepper
2 sprigs thyme
1/2 cup oil
3/4 cup crushed dry pimento leaves
1 cup water

Wipe pork well. Mix next 10 ingredients and rub into pork. Leave, covered, overnight in fridge; scrape off seasonings. Heat oil in pot or thick bottomed saucepan on top of stove. Fry pork for 10 minutes. Stir and add water and crushed pimento leaves. Cover and cook slowly for 2 hours or more if desired. Or you can bake in oven at 400°F for 10 minutes. Serve it hot.

Silence is a great peacemaker.

CURRY GOAT (Jamaican)

Eva Clarke

For 2 to 4 pounds of goat.

1 Tbsp salt
1 tsp black pepper
3 Tbsp curry powder
1 stalk scallion
1 large onion, sliced
3 or 4 pegs garlic, chopped finely
2 Tbsp oil
1 tsp lemon juice
2 to 3 sprigs thyme

Boil goat in water with thyme. Add other ingredients. Cover pot and simmer on low. Stir occasionally.

If not needed the same day, cool and scoop fat off.

MISCELLANEOUS

I shall pass through this world but once.
Therefore any good that I can do,
Or any kindness that I can show to any human being,
Let me do it now.
Let me not defer, nor neglect
For I shall not pass this way - again.

Ex Libris

10 HELPFUL HINTS

1. If recipe calls for buttermilk, use 1 part milk and 1 part sour cream to replace it. For 1 cup buttermilk, use 1/2 cup sour cream and 1/2 cup milk.
2. If do not have cake flour, sift all-purpose flour at least 3 times and then measure required amount.
3. To measure dry ingredients, fill cup with spoon and then level off with back of knife.
4. To tenderize tough cuts of meat, tenderize with a mallet by pounding to break up the fibres or cook with pineapple or green papaya. Marinate with a little vinegar and herbs. Omit salt until meat has been cooked and is tender.
5. When making sweet dishes, add a pinch of salt and vice versa; this gives a lift to the flavour of food.

Over

6. Use cayenne powder to replace black pepper. Best known stimulant is medicinal and does not irritate.
7. Use lemon juice instead of regular white vinegar. Lemon juice does not irritate and has excellent medicinal properties.
8. Wash vegetables carefully before using and do not cut off skin unless absolutely necessary. Much of the nutrients are found just below the skin.
9. Dry fruitcake will become moist if placed in bread box with fresh bread. A cut lemon or apple will hasten the action.
10. A little baking powder added to mashed potatoes makes them fluffier.

10 EATING TIPS TO LOWER CHOLESTEROL

All tips are useful for good health, generally.

1. Eat more fish.
2. Choose low fat or skimmed dairy products.
3. Remove all fat from meat and skin from chicken, before cooking.
4. Choose low fat cooking methods, such as grilling, steaming or microwaving. Try to avoid fried foods.
5. Cut down on biscuits, cakes, sweets, crisps and chocolate.
6. Try to eat at least 2 servings of fruit and 3 servings of vegetables a day.
7. Use unsaturated margarine instead of butter and unsaturated oils (such as olive oil) instead of lard or drippings.
8. Limit eggs to 2 per week.
9. Choose whole grain (rather than white) breads, cereals, pasta and rice.
10. Eat more garlic.

In addition to this, for health's sake, walk more and/or start a regular exercise programme.

Speak of people - not about them.

ONE DOZEN CARIBBEAN TRIVIA QUESTIONS

1. Who are the first peoples of the Caribbean?
2. What one name is given to the four largest islands in the Caribbean Region? Name them.
3. Name the country in the Caribbean, not an island, described by Sir Walter Raleigh as "El Dorado", city of gold, from which cricketers have been chosen to represent the West Indies (Caribbean).
4. In which country was Jean Augustine, present Member of Canadian Parliament, born?
5. He educated the masses in the "University" of Woodford Square, led his country to independence, and became Trinidad and Tobago's first Prime Minister in 1962. Name him.
6. Who was Ontario's first black Cabinet Minister and Lieutenant Governor? Where were his parents born?
7. Who was the first Caribbean-born writer to win the Nobel Prize for Literature? In what year? In which country was he born?
8. A 99% literacy rate is the highest in the world. Name the Caribbean island which has occupied that position of honour for at least the last 50 years.
9. Name the only new musical instrument, developed into an orchestra, to have been invented in the 20th century. Name the Caribbean country of its origin.
10. Itah Sadu and Ricardo Keens-Douglas, are two famous authors of children's literature with Caribbean influence. Where were they born?
11. Which Caribbean island has crapeau (mountain chicken) as a delicacy or exotic dish?
12. Name the most famous Caribbean story-teller/historian, (now resident in Canada) and the country in which she was born.

ANSWERS TO ONE DOZEN CARIBBEAN TRIVIA QUESTIONS

1. The Amerindians: Caribs (Karafuna) and Arawaks
2. Greater Antilles: Cuba, Hispaniola, Jamaica, Puerto Rico
3. Guyana
4. Grenada
5. Dr. Eric Williams
6. The Honourable Lincoln Alexander; Mother in Jamaica; Father in St. Vincent
7. Derek Walcott, 1992, St. Lucia
8. Barbados
9. Steelpan, Trinidad & Tobago (Trinbago)
10. Itah Sadu - Canada (of Barbadian Heritage), Ricardo Keens-Douglas, Grenada
11. Dominica
12. The Honourable Louise Bennett Coverly, (Jamaican-born "Miss Lou")

PSALM 139

Lord, you have examined me and you know me.
You know everything I do;
From far away you understand all my thoughts.

You see me, whether I am working or resting;
You know all my actions.
Even before I speak, you already know what I will say.

You are all around me on every side; you protect me with your power.
Your knowledge of me is too deep; it is beyond my understanding.

Where could I go to escape from you?
Where could I get away from your presence?
If I went up to Heaven, you would be there;
If I lay down in the World of the Dead,
You would be there.

If I flew away beyond the east or lived in the farthest place in the west,
You would be there to lead me, you would be there to help me.

I could ask the darkness to hide me or the
Light around me to turn into night.

But even darkness is not dark for you,
And the night is as bright as the day,
Darkness and light are the same to you.

You created every part of me;
You put me together in my mother's womb.

I praise you because you are to be feared;
All you do is strange and wonderful.

I know it with all my heart.
When my bones were being formed,
Carefully put together in my mother's womb,

When I was growing there in secret, you knew that I was there -
You saw me before I was born.

The days allotted to me have been recorded in your book,
Before any of them ever began.

O God, how difficult I find your thoughts; how many of them there are!
If I counted them, they would be more than the grains of sand.
When I awake, I am still with you.

RECIPE FOR HAPPINESS

1 cup friendly words
2 heaping cups of understanding
2 cups milk of human kindness
4 heaping Tbsp time & patience
Pinch of warm personality
Dash of dry humour
And the spice of life

Measure words carefully, add heaping cup of understanding to milk of human kindness. Sift together three times before using. Make a smooth sauce, not too thick. Use generous amounts of time and patience. Keep temperature low, do not boil. Add dash of dry humour, pinch of warm personality and season to taste with spice of life. Serve in individual moulds. Works best when made by a good mixer.

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